`Traditional Japanese Karate training and techniques
Original Tokugawa Ninja Techniques circa 1300 A.D. 1640 A.D.
Japanese magazine reprints circa 1865 to 1889

price

**Ninja martial arts class**

# Ninja Training Guide

**The four training scrolls of the Tora Shinobi Ishimon**

These are the four training scrolls
Of the Ninja Tiger clans
Edited into English by Frank Hays

忍者

The book of unarmed combat Tai Jutsu

The book of armed combat Buki Jutsu

The book of invisibility Shinobi Iri

The book of espionage Cho Ho

東京都
のニュース

Complete Ninja Training Course by Master F, Lynn Hays

School Year _____

Name of School _____

Name of Instructor _____

Name of Student _____

**Ninja Training Guidebook**
Copy write
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# The Ninja!

From ancient Japan, a mysterious group of warriors, spies and assassins

Discover the mysterious world of the ancient ninja
This book can be your beginning guide into to the world of the Ninja!
Or just study this book to get back into shape!
Over one hundred and eighty pages packed full of photographs, illustrations and easy to follow diagrams.

Written by a Ninja master to train students into becoming ninja operatives and warriors as soon as possible

Easy for the absolute beginner without any previous martial arts experience to learn and master!

Become a true ninja, or just learn to defend yourself like one.

This is a complete and comprehensive guidebook into the martial art sport of Ninja Tai-jitsu

**Instructors Edition**
Over 200 amazing pages of Lightning punches, thundering kicks, and powerful blocking techniques

**This is what you get!**
The secret history of the ninja
Warm up exercise guide
Ninjitsu manuals! White belt through black belt levels
Ninja weapons guides
Ninja combat guides
Karate self-defense guides
Ninja stealth guides
Ninja climbing and rappelling guide
Writing and decoding secret messages
Guide to the rules and regulations of sports karate.
Karate free sparring guide

**You get all this incredible martial arts action for one low price!**
This is a complete black belt course into the dark and mysterious world of the Japanese Ninja!
Of course! As in any martial art you can only get the best training from a qualified instructor.
But until you can become a member of a ninja clan, this book will be a great self-training course.

Naturally if you study this book well, you will have advantages over other students just beginning karate
This book is a great source of information and self-training.

You can also use this book as a system of education confidence and self-defense.
After all, Ninjutsu was practiced in the Japan for a thousand years as a vital military asset keeping the shogun
And warlords safe in a turbulent world of war, treachery and revolution
And as such a trained ninja will be a valued asset in any family or village

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**School rules and regulations**

Name of School Master:
Name of Instructor:
School Colors:
School Uniform, Traditional ninja clothing Traditional Karate Gi and the black Shinobi Shozoku
School Symbol:
School Organization Affiliation:

**School Color Belt Curriculum**
It was only in the last few decades that a colored belt was to show student's progress was introduced to ninjitsu
The ninja began the art of Tai-jutsu in Japan over one thousand of years ago.
And colored belts were introduced for the sport of judo by the Japanese during the 1900's
Karate and other martial arts sports adopted the colored belt system shortly after during the early 20th century.

White Belt (Beginner Student)
Yellow Belt (2 Months)
Orange Belt (4 Months)
Green Belt (6 Months)
Red Belt (8 Months)
Brown Belt (10 Months)
Black Belt (12 Months)

**All training is done in the Dojo or Gymnasium**.
Generally all classes are from 45 to 60 minutes long. Depending on class topic
All classes begin after bowing to the instructor and the school flags. Afterward the class will begin
All classes officially end after bowing to the instructor and the school flags

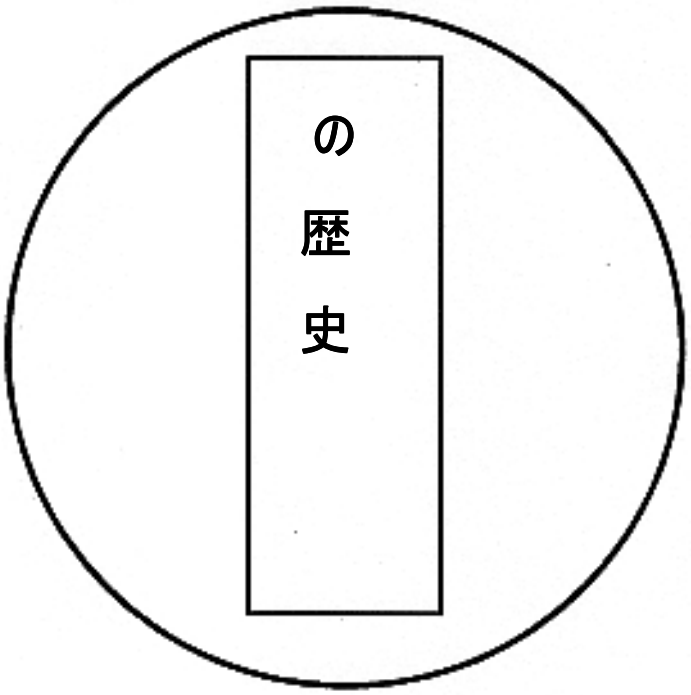
School Dues are due on:

**The School Pledge**
Sir/ Ma'am, I will study ninjitsu with immovable spirit
Respect for my instructors
And courtesy for all of my fellow students

**With Power or Authority Comes Responsibility!**
These rules and regulations are the standards in which all Martial Arts schools.
And all private martial arts clubs worldwide are judged and regulated

**The School Rules of Conduct**
Rule 1. Students must pay their school dues on time.
Rule 2. Students are encouraged to be in class on time.
Rule 3. Students must bow to the instructor and the school flags at the beginning and ending of each class.
Rule 4. Students arriving late, must be bowed into class by the instructor
Rule 5. Students must not enter or leave class without the instructor's permission.
Rule 6. Students will please refrain from eating or drinking during class. (Except for water in the dressing room areas)
Rule 7. Students will please refrain from any talking or conversation during class.
Rule 8. No jewelry or wristwatches shall be worn in class. (Except for Wedding Rings)
Rule 9. Sparring gear and protective equipment is mandatory for all students.
Rule 10. Students will refrain from teaching, or giving demonstrations of fighting techniques to other students
Without the supervision of the instructor
Rule 11. Students must remove shoes and socks before entering the class area.
Rule 12. Students are encouraged to bathe and to wear deodorant before class. (This is an intense exercise class!)
Rule 13. Students must wear a clean uniform during class.

**Chapter 1**
The Secret History of the Ninja



**The secret history of the ninja**

**Sun Tsu and the art of war**

The history of the Japanese ninja spans many thousands of years back into history and legend domain
The philosophical roots of the ninja began in China with sun-tsu and his book the art of war.
Sun Tsu was a traveling writer and lecturer who made his living traveling all over china instructing royalty
On how to raise and manage an entire army

One day Sun Tsu appeared at the court of the Chinese emperor Wu Helu, and offered his services to his kingdom
To show his military prowess! Sun Tsu offered to turn the emperor's entire harem of concubines into a well-trained army

At first! The emperor scoffed at the challenge, but then summoned his entire harem and allowed the lecturer to try
Sun Tsu immediately gave the women orders to line up and March in formation as regular male soldiers.
But as well can be expected! The harem girls began laughing and giggling at the notion of being trained as soldiers
Without hesitation Sun Tsu chose one single harem girl to be executed in front of the others as an example

At first the emperor resisted this request because this girl was his favorite concubine out of his entire harem
But eventually Sun Tsu succeeded in convincing the emperor of the importance of maintaining discipline in his army
And slowly the emperor grudgingly allowed the harem girl to be executed in front of the entire terrified harem
In an atmosphere of fear and intimidation, the harem girls immediately marched in formation like regular soldiers

In the book "The art of war" The moral of this story is that you do not need to be great royalty to create an army!
An entire army made out of peasants can be raised and maintained through proper training and discipline
If a Chinese peasant fears the authority of the Emperor than he will almost certainly join the army when he is summoned
According to Sun Tsu, its well to be loved by the peasants, but it's much more important to be feared by the peasants

**Sun Tsu and the birth of the Vagabonds**

Sun Tsu also gave other advice on how to raise an army, fight and win a war
It was his advice to attack a castle with fire arrows in October and November when the lands were dry and windy
This added to the chances of starting a fire within the ranks of an enemy! And destroying his headquarters and morale
Sun Tsu also advised that an army should make all the weapons and ammunition it needed before leaving home
And transporting them into the invaded country and not depend upon foraging the enemy's natural resources for materials

Other military wisdom included foraging on an enemy's food supplies whenever possible to discourage the enemy
One wagon of food captured by your soldiers was just as important as destroying twenty wagons of an enemy's food
Other countries were made of peasant soldiers too, and a captured wagon of food was disastrous for an entire army's morale
Sun Tsu's book on modern warfare also stressed the importance of guerilla warfare to wear down an enemy before
Actually fighting him in battle so you can deplete his army of strength and thus insure your victory

Out of the teachings of Sun Tsu came a clan of Chinese mercenaries called "The Vagabonds"
The vagabonds or society of beggars were s group of mercenaries who did away with the traditions of kung-fu
A thousand years ago most armies of karate fighters had to spend many years training under political and religious
Dogma and rites to achieve certain coveted position such as rank or social status under the Chinese emperor

In these ancient days it was quite common for a warrior to give his foe or adversary an advance notice of
An attack so his rival will have time to prepare, in the middle ages this was considered good manners
All royalty and upper class warriors lived by a set of rules and customs called the way or the warrior
It was this form of impracticality that Sun Tsu sought to rectify with his teachings

To the total contrary of the ancient social norms! A group of Chinese mercenaries arose who did not fight like
The upper class gentlemen warriors of ancient Asia
They did not wear expensive clothes or perfumed wig like the upper class; they did not fight with expensive swords
This new breed of fighters were not related to royalty and did not come from wealthy families
They attacked their enemies without warning wearing only simple peasants clothing or disguises instead of uniforms

These new warriors would assassinate a single enemy other than fight him in a battle involving thousands of men
A group of fighters who stab an enemy in the back with a knife and not fight directly with a sword
These fighters were the lowly born of China and had nothing but contempt for the ways of the rich and noble
For this reason the Chinese emperor called these warriors, vagabonds or beggars and that is how they got their name

**The secret history of the ninja**

For thousands of years the Chinese vagabonds were a secret army of spies, saboteurs and warriors
These were warriors who did not care about the traditions of war espoused by generations of decrepit royal traditions
These were soldiers trained for the science of war and not for cultural niceties.
And for this reason Chinese royalty derided this new breed of warriors as Tramps, Bums or Vagabonds.
And as you have read earlier, the term Vagabonds were given to these warriors as an insult by others

Chinese emperors would come and go! Some were fair, some were foul, some were saintly, others were quite mad!
And with every one of them came social changes both good and bad, which impacted the lives of the Chinese people
Sometimes a small racial minority would suddenly rise to affluence but then suddenly fall into disfavor and possibly killed
Other times individuals with different opinions would be branded radicals and often imprisoned or killed!
And still others were economic chaos famine and disease, which drove the Chinese people from their homeland

It took powerful forces to uproot people from one walk of life and force them to start a new existence elsewhere
The rich and the powerful of China would often find themselves as outcasts and rubbing shoulders with peasants
Traveling in throngs of humanity desperately leavening one shore in a desperate attempt to find refuge on another

In 1160 A.D, A Chinese monk named Kain Doshi arrived on the Japanese island of Honshu
Kain Doshi was a Chinese monk classically trained in the science of medicine, chemistry, philosophy and warfare
From this we can surmise Kain Doshi was probably a warrior monk
Kain Dosi founded a small karate school in Iga Japan from this start Japan began its odyssey into the ninja

During the twelfth century Japan there once was a shogun named Minamoto no Yoshikata,
One day a rival clan attacked the royal palace and killed the shogun, and attempted to kill his son Yoshinaka.
The young royal escaped along with his samurai Daisuke Nishina, and together made their last stand in Kyoto

In 1182 the emperor's cousin Yoritomo surrounded Kyoto in an attempt to destroy Yoshimaka
During the battle of Awazu shogun Yoshimaka's army was defeated and Yoshimaka tried to escape during the
Night but his horse fell through the ice and the young shogun fell from his horse where his pursuers killed him
The only survivor of the battle was the Shoguns personal samurai Daisuke Nishina

And so samurai daisuke nishina escaped with his life into the forests of Iga Japan, where he changed his name
To Daisuke Togakure to avoid being trailed and captured by his enemies
While hiding in the forests of Iga Japan he found sanctuary with an ex Chinese monk named Kain Doshi
This is where the ancient skills of the Chinese vagabonds entered Japan and gave rise to the Japanese Ninja

It should be noted that the ancient ninja of Japan probably existed there for over a thousand years in one form
Or another, but all historical documentation of these ninja only began during the early part of the fifteenth century

**The secret history of the ninja**

The history of the Japanese ninja is difficult to chronicle for modern 21st century scholars and readers on the subject
The ninja is hopelessly entwined in myth and legend as well as documented history
During the Heian Period of ancient Japan (749 to 1185) there arose a group of legendary fighters known as
The Shinobi, shinobi is the Japanese word for steelier in. or one who sneaks into.

These shinobi were warriors, spies, and assassins owing allegiance to no lord or emperor and would gladly
Work for almost anybody for a price. Lest we place too low a value of these shinobi being anything more
Than just common mercenaries we must consider the difficult lives of the people of ancient Japan
China and possibly even Europe in the dark ages for that matter

A thousand years ago Japan was a group of islands with a multitude of local military leaderships or shoguns!
By the 3rd Century AD the Yamato clan! Bound the four main islands of Japan into one loosely unified nation
A Japanese military emperor was called a shogun, and the kingdom he ruled was called a shogunate
The emperor or shoguns rule was absolute! And without question!

This emperor owned the whole country even the people living on his land were considered his property
Today we would call this form of government fascism while most historians called this the feudal system
The emperor was considered to be a divine figure put on his throne by the will of the gods to rule the kingdom
And all the emperors' relatives would each own a small part of this kingdom called the great estates or states.

A peasant was any lowborn person who lived on an estate and was bound by law to the local royal who owned it
Now keep in mind that these estates were huge tracts of land like tiny countries in themselves
But as a rule the peasants labored worked and died for the local royalty, not necessarily as slaves but little better
Anyone who did not want to be considered a peasant under the feudal system was considered a criminal or outlaw
To live outside of the king's laws was to live outside the very laws of humanity and the very gods themselves
And as such was subject to public flogging or more than likely execution.

Life in medieval Japan was tough; it was not a storybook world of castles and princesses.
It was a cold tough world where people both rich and poor lived clinging desperately to life from one day to the next
Death from starvation and disease were daily occurrences. Ignorance, and superstition was considered to be sacrosanct

Out of this world of ancient Japan arose a historic figure of heroic legend and mythic proportions
A historic figure who dared to scoff in the face of the Samurai warrior who collected taxes for the emperor
This is the secret history of the Japanese Ninja!

Japan is a single pacific nation consisting of four different islands, Honshu, Hokkaido, Kyushu and Shikoku
The Ninja began over 11 hundred years ago on the largest of these Japanese islands called Honshu.
Honshu is very mountainous and heavily forested, much like the North American northwestern states
And like the American Pacific Northwest, it is peopled by groups of hearty mountain folk
These people toiled making a living out of the rugged mountain wilderness and calling it home

Cutting down trees with stone axes and wooden tools to clear the land for farming
Growing crops without farm animals, and carrying the produce into the village by hand to sell or trade
In medieval Japan carts with wheals were illegal because most roads were little more than dirt trails,
And anybody driving a wheeled vehicle over the roads during the rain would actually tear the ground up
The only one allowed a cart or a sedan chair with wheels was the emperor himself.

As you can see the Japanese people of Honshu were a hearty, hard working and self-sufficient people
Life was difficult and tough in those days! But these folks were even tougher!
The people of Honshu like all other people in Japan had their family trade class and hierarchy
The sons of tradesmen became tradesmen, and the offspring of farmers would themselves became farmers
A father would teach his sons to fish, and of course a baker would teach his children the family business

Honshu like all of the Japanese islands had its class of farmers and tradesmen, and most important to this story!
Honshu had its own military class!
The people of this island had soldiers as well as the other islands, they had their warrior poets and their
Military philosophers Like any other culture in the oriental world, on in the European world for that matter

**The secret history of the ninja**

As stated on the previous page, Honshu had whole families of farmers and fishermen, Butchers and bakers
Soldiers and sailors alike! It was out of this rugged rural mountain background that the Ninja first appeared!

**Who were the Ninja?**
That is a complicated question! The Ninja themselves were usually the lowly outcasts of Japanese society
Sometimes an impoverished or dishonored Samurai warrior would forsake his masters and join a Ninja clan
Other times it was unemployed soldiers or adventurers who eagerly joined the ranks of the ninja

More often than not the career of a ninja seems to be passed down from generation to generation
Father to son, Usually Ninja training began with the very young, of less than 8 years of age
So we can surmise that the ninja was a son or a daughter of an original practicing Ninja
Sometimes there were entire villages of Ninja; these would be actual farming communities by day
And an entire village of ninja spies and warriors by night!

A Ninja was usually a farmer or tradesman during the daytime and a spy and assassin by night!
A ninja made the entirety of his livelihood from his clients and not from the money of his day job.
What a Ninja did publicly during the daytime was just a part of his or her disguise!
And to have a long-standing repartition as simple tradesman made that disguise even better!

For instance a Ninja would travel from village to village dressed as a farmer so he could sell his produce
To the villagers and blend in with the local townspeople, unnoticed by the authorities.
And be in a better position to gather important news and local gossip and other forms of vital information
And all the while not attracting the unwanted attention or suspicion of the local police magistrate or warlords

First and foremost a Ninja was a spy! Secondly he or she was an assassin or a saboteur, and thirdly a warrior
The Ninja would arrive and discover the information he wanted, and leave again all without attracting attention!
A typical Ninja would go out of his way to avoid having to fight or kill anyone and attract attention to himself
Anyone seeing the Ninja committing an act of violence no matter how small, would raise suspicions and alarm
And thus put his entire mission in jeopardy and possibly his very life.

Yes! The ninja was also an assassin, for a shogun to remove of a particularly important or difficult enemy
He would hire a Ninja to dispose of the enemy general and cause confusion among the enemy's forces.
First the Ninja would arrive at the enemy's village dressed as a simple peddler or tradesmen selling his wares
Of course the tradesman would begin gossiping or inquiring among the villagers
As to whom the richest person in the village was? Namely the enemy general and, and where did he live?

Upon acquiring all of this important information the Ninja would travel to the general's home on the pretense of
Selling his goods or services and bid entry into his home, once there the ninja would have a clear chance of
Assassinating the enemy general and safely escaping having accomplishing his or her mission.

Other missions could be even trickier. Besides being a spy and assassin, the Ninja was also a saboteur!
If there were a fortress containing hundreds if not thousands of enemy warriors the Ninja would enter the fortress
At night by throwing a rope and hook over the walls and scale up the side of the fortress unnoticed by the guards.
Once he was inside the fortress, he would start a small fire with a match kit be brought along for just that purpose
The Ninja would then escape back over the walls while the fire was growing but still small and undetected

The Ninja had a plethora of skills because he had many types of goals to accomplish his mission
A professional spy, Assassin, Saboteur and warrior, the skills of a Ninja would take a lifetime to acquire
And the amount of money it would take to hire a Ninja let alone a team of Ninjas was a small if not large fortune.
Most Ninjas lived wealthy but quiet lives avoiding fame and the danger that would come with such notoriety

And lastly the Ninja was also a warrior! Typically a small band of Ninjas would arrive in an area dressed
As ordinary people; they would spend weeks or even months blending into the scenery until they were called upon
Typically! After receiving a secret message containing their orders The Ninja would then begin their assignment
Usually the ninja would be used to fight behind the enemy lines to disrupt and confuse the enemy's efforts
The Ninja typically wore no uniform whatsoever but the type of clothing the local villagers were wearing at the time

**The secret history of the ninja**

This will put the earliest ninja traditions and methods of warfare in perspective for you
Every country in the world has its own indigenous ethnic population with its own methods for fighting
It is an accepted fact among social scientists. That all countries make war the same way it makes its economy
This is not an obscure bit of trivia or strange accident of history
But a form of social and national evolution following a countries industrial and economic growth and development

For instance a primitive tribal society will make weapons one at a time by hand, like they were making farming tools
And a modern nation will make untold numbers of weapons using modern industrial machines and equipment
While most nations both rich and poor are content to arm themselves with weapons purchased from modern countries
For them it's simpler to harvest agricultural crops or export their natural resources and sell the gains to purchase weapons
Without incurring the expense of research and development projects, or specialized weapons and munitions factories

Every country in the world has its own ethnic population and every ethnic population in the world has its own stylized
Form of fighting or combat depending on its historical situation, environmental habitat and natural resources
Every ethnic group has its own set of values and uses these values to fight and defend according to their beliefs
Just as every village in China has its own form of fighting, every village in Japan also has its own form of combat

The ninja grew out of the high country of Hokkaido Japan; this is the northernmost of Japans island chain.
It is a severely cold mountainous region, where a rugged rural lifestyle was an everyday fact of life and not a choice
These were Asian Mountain people and farmers, as well as fishermen, carpenters and tradesmen.
In this part of Japan there was almost no royalty or privileged class because life was so stark and survival was basic
Life was hard for the average person in medieval Japan, and it was even harder in the outlying areas

The earliest roots of ninjutsu grew out of the military and espionage traditions of ancient Chinese vagabond societies
These vagabonds would travel the Chinese countryside committing mercenary acts on behalf on anyone for a price
All the while without raising public suspicion because of their crude behavior and shabby clothing,
Since they were considered simple vagabonds, they would travel the countryside far and wide unnoticed by the authorities
And commit countless acts of sabotage and murder for anybody willing to pay their salary

Hokkaido Japan, like everywhere else in the world had it own warrior class; usually these were the sons of farmers
Returning home after years of service in the army of emperor of Japan
Like the veterans of all nations they were forced to re-assimilate back into their original agricultural society.
These people would naturally gravitate to others in their age bracket or social conditions and form small social bands
Or small communities of warriors turned farmers or tradesmen, but these societies grew into something bigger

With the great influx of Chinese refugees seeking refuge on the Japanese island of Hokkaido
The teachings of the Chinese vagabond warriors and the ways of the Japanese veterans eventually intertwined
And grew into another great warrior tradition, the tradition of the Japanese ninja!
These ninja were ordinary farmers and tradesmen by day, and superb night fighters, spies and assassins by night
The ninja's life as a farmer was a simple disguise to mask his occupation as an espionage agent and saboteur

Impoverished soldiers coming back from the emperors many wars were able to find new careers as ninja operatives
While the children of farmers and shopkeepers were able to satisfy their need for excitement and adventure
Soon the ninja became as synonymous with Japan as chopsticks, boiled rice, and the rising sun.

It's not that the ninja did not have any career or living experience outside of belonging to a ninja clan.
But using a legitimate occupation as a disguise, the ninja could live peacefully in any community during the day
And operate as a ninja during the night without attracting attention to himself and avoiding the retaliation of enemies
It just made sense for the son of a farmer who had become a ninja to disguise himself as a farmer when traveling
Even going so far as owning a farm in order to further his disguises as a farmer and hiding the source of his income

It should come as a surprise to no one that the ancient ninja of Japan made so much use of common objects as weapons
It would be only natural for a ninja disguised as a farmer to use a sharp farming tool such as a sickle as a secret weapon
Anyone searching the disguised ninja would only find articles associated with a farmer and nothing incriminating
Later the ninja will use these very same commonly found tools and instruments as lethal weapons of war

**The History of the Ninja Clans**

**The Iga Ninja Clan**
The Iga province of Japan was located in what we know today as the Mie Prefecture
Iga is surrounded by mountains, and because of few roads was inaccessible to travelers until modern times
Iga Japan, along with the koga region became one of the founding homes of the Ninja clans during its early years
During the Muromachi period of Japan, Iga became independent of the previous Japanese aristocracy and
Declaired itself a republic under the authority of the kitabatake clan

The Iga army's were ten times smaller than most other armys. But because of its size, it depended heavily upon gorilla warfare
Choosing to fight its enemys on its own terms, on a time and place of its own choosing
This dependency and skill of gorilla warfair is the very foundation of the later Ninja or Shinobi traditions

**The first Tenshio Iga War**
In 1578 Warlord Oda Nubonunaga, created a list of false and exaggerated crimes committed by the Iga government
And used this as a pretext to invade the province and make Iga a part of his imperial domain
He sent his son Oda Novukatsu, Also a warlord to invade Iga Japan
He planned a sneak attack on Iga, by secretly building a Castle in Maruyamy as a staging base for the invasion
However, The castle was infiltrated by ninja's who took up various strategic positions within the castle walls
Going through stolen papers and documents, Warlord Nobukatsu's plans of conquest were soon uncovered by the ninja.

And the Iga Ninjas quickly reported their findings to the kitabatake authorities.
Then in November 1578 soldiers from iga provence launched a surprise attack agents Maruyamy Castle
That very night the Ninja's disguised as Novukatsu soldiers set fire to the castle buildings
Dispatched the castle guards and threw the front gate wide open for the waiting Iga kitabatake soldiers
The Iga soldiers by the light of the burning castle rushed through the open gates and stormed the enemy castle
During the battle the castle was destroyed and Warlord Novukatsu escaped with his life

Defeated and with his army in tatters, Warlord Novukatsu fled to Tsuzumigamine with his last remaining soldiers
And preceded to martial his last remaining forces for a counter attack to recapture Maruyamy
In an attempt to hide his whereabouts while he prepared a counterattack, the entire village was sealed off
Warlord Novukatsu had confiscated all the horses and oxen, and forced the local villagers to join his army
And placed soldiers along all the nearby roadways to capture army deserters and drive away any curious travelers

Despite all these secret preparations, The Iga ninj clan still discovered his whereabouts and reported his location
To the Kitabatake clan authorities as to the whereabouts of lord Novukatsu
And an army from Iga launched an attack on Maruyamy and drove warlord Noukatsu out once again

Defeated twice by the Iga provencial army and their Ninja's allies
Lord Novukatsu retreated back to Ise Province where he once more prepared an army for the invasion of Iga Japan
His generals pleaded with him not to attack right away with his army in such bad condition and with so few men
But to wait at least a year! until he could build up his troop strength to acceptable levels
Novukatsu's father, Warlord Oda Nubonunaga was angered by his son's failures, But nonetheless sent more soldiers
From his kingdom to help in the conquest of Igs province, On the grounds that he would be in charge at all times

On October 6, 1579 Lord Novukatsu left Maruyamy with a force of 12,000 men marching to once more invade Iga
Lord Novukatsu's plans were simple, He would invade Iga Japan through the valley of the Nagano mountains
And he would send his general Tsuge though the Onikumo Pass to capture and destroy the Iga Ninja Clan
Through all this Lord Novukatsu was making an attack against Iga Japan without consulting his father the warlord
But he thought a quick smashing victory would end any military resistance to his military conquest
So he didn't reason that it wasn't important to contact warlord Novukatsu for final permission to go to war

But once more the Iga ninja clans uncovered the plans of the upcoming invasion and reported to the Oda Clan
They discovered Lord Novukatsu's plans to break his army into three separate fighting units
Each army would take a seprate route and attack the capital city Ueno from three different directions at once
Using this information the kitabatake clan drew a map of the most likely routes the invading army's would take
And discovered that there were a number of points where Lord Novukztsu's army could be ambushed
Once more the Iga Ninja's were dispatched

The Ninja's learned that the invaders would take roads that would take them through three different mountain passes
The Aoyma pass to the south, The Nagano Pass to the north, And the Onikump Pass midway along the border with Iga
The Ninja's took up positions of concealment at these mountain passes, and when an army would pass by
They would light a signal fire high atop the mountains signaling the approach of the invading hordes
A Ninja was always a warrior, but first and foremost a ninja was a spy.
And staying undercover and observing the movements of an enemy's army was the true actions of a spy

**The History of the Ninja Clans**

Out of an army of almost 1700 soldiers, Novukatsu lost more than half of his army during this single battle

On October 8th Lord Novukatsu's army approached the Nagano mountain range where the Ninja's set up camp
Slowly the invading army made its way between the mountains onto the seemingly peaceful valley below
When warlord Novukatsu's army was one third of the way through the mountain pass
The Iga soldiers charged forward cutting off his army from the main body and decimating his advanced forces

Warlord Tsuge was one of warlord Novukatsu's most aggressive and viscous generals
It was he who chose to burn down village after village in an attempt to crush any resistance to the invasion
Tsuge led his men to the Onkumu pass in an attempt to capture the ninja clans as part of the campaign
But just as Novuatsu had before, The Iga army was waiting in the Onikumu Pass and ambushed Tsuge
Destroying most of his army before escaping back to Ise Province.
Tsuge being not so fortunate died in the battle, Being the target of the very Ninja's he wished to capture or kill

The defeat of lord Novukatsu at the battle of Nagano pass marked the end of the first Tenshio Iga war
Warlord Novukatsu slowly gathered what was left of his invading forces and crept back to Ise Provinse.
Many of his men wounded and dieing on the way home, Noukatsu had lost more then half of his army
Fighting a vastly smaller and inexperienced military due to the fact that Ninja's had supplied military intelligence
That made the other side roughly equal in military strength if not more so

**The Second Tenshio Iga War**
Upon hearing of the demise of his forces in two different failed invasions
Warlord Oda Nubonunaga removed his son, Novukatsu from his army and almost disinherited him altogether
In 1581 Warlord Oda Nobunga sent an army of 50,000 warriors into Iga to crush the governing kitabatake clan
And destroy the Iga Ninja clans supporting them.

Hijiyama Castle in the north
Kashawara Castle in the south signaled the defeat of Iga Japan

**The History of the Ninja Clans**

The Koga Clan  Unlike the wooded Iga province which was strictly a large area of land on the main island of Honshu Japan
The Koga region began as a small village in Japan during in the 16th century during the Tukogawa period
1n the 1500s the Hoyjo Clan began constructing a castle along the banks of the Watarase river
During the construction, a village was built to house the workers needed to build the castle
This village would naturally have warehouses for building materials and stables for horses and oxen
And places for the laborers to sleep and cook food

Even if the castle was small, the surrounding village would have to be very large to support the lives of  the workers
Ox carts were needed to move stone and lumber from the forests and that required huge stables of domestic animals
Lumbermen were needed to fell trees for lumber and that required huge housing for workers and their families
A castle requires many blacksmiths for mettle work and coopers for wood

When the castle was nearing completion and the huge number of workers was no longer required
The castle lord would begin dismantling the village as a matter of safety and security for his
Even after the castle was completed there were peasants and tradesmen who naturally continued to live in the village
And sometimes these villages would inadvertently grow into huge cities over time, and that's exactly what happened
to the small village of Koga

Today! The castle is gone but the city of Koga Japan has a population of
xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

The Original Dragon Clan and subsequent Ninja Clans that followed

1. The Bat Clan  Koumori Ichimon
2. The Crow Clan  Karasu Ichimon
3. The Demon Clan  Oni Ichimon
4. The Dragon Clan  Ryuu Ichimon
5. The Ghost Clan  Konpaku Ichimon
6. The Goblin Clan  Tengu Ichimon
7. The Mountain Clan  Yama Ichimon
8. The Snake Clan  Sune-Ku Ichimon
9. The Spider Clan  Kumo Ichimon
10. The Tiger Clan  Tora Ichimon

**The secret history of the ninja**

In 1854 The American Commodore Matthew Perry arrived in Japan in Tokyo harbor in an attempt to open
Political negations and insure continuing peaceful diplomatic relations in Japan.
Matthew Perry's mission was to open the Japanese harbors of Hakodate and Shimoda to American trade interests
But the Commodore Matthew Perry's efforts were frustrated when he was rebuffed by the current emperor komei

The emperor of Japan wanted to open relations with the rest of the world but his council of governors and shogun
Directly forbade any and all talks between Japanese citizens and the foreign barbarians.
The emperor komei appeared to agree with his council but at the same time sent an emissary to Tokyo
To negotiate with the foreigners, all the while showing no direct involvement in the negations

Eventually all of the western world's demands were agreed to including economic trade and concessions
This was later to be known as the Convention of Kanagawa
At that time the empire of Japan had been living for over 200 years of self imposed international isolation
And Seclusion from the rest of the world, allowing none to enter or leave, fearing the influence of foreigners

Anyone found trying to enter or leave the Japanese islands was subject to the death penalty
This included everybody! No matter how rich or how poor. Even foreign survivors of shipwrecks
Involuntarily washed ashore to Japan were subject to arrest and even execution
And the lives of American shipwreck survivors were what brought American attention to Japan

Japan had a very small open port city called Nagasaki, there only a handful of Chinese traders were allowed
Open access to Japanese markets and suppliers as well as only two ships from Holland were allowed to enter
Nagasaki only once a year, usually these ships were American vessels flying under the Dutch flag because
Holland was at war with England during the Napoleonic wars and couldn't use its merchant fleet
Japan had limited its economic trading with Holland and china under its saku policy of ethnic seclusion

For all intents and purposes Japan had completely sealed it's self off from the rest of the world
Until the very end of the Tokugaw period of Japan in 1868

Emperor Mutshuito was born earlier in the same year that Commodore Perry had landed in Japan
He was the son of emperor Komei and a palace lady in waiting. Originally the young prince was not expected
To become emperor but because his mother was a servant and was not the empress, But the Japanese empress
Proved to be barren and unable to bare children, And due to Japanese custom the empress legally adopted
The young prince as her own thus sealing prince Mutshuito's claim to the Japanese imperial throne

The infant prince was originally given the official name prince Sachi by his father, the emperor
But in 1860 according to Japanese tradition the newly crowned emperor choose the name Mutshuito
The newly crowned emperor was only 15 years old when ascended the throne, but he was fully in charge nonetheless
The feudal government at the time endowed Emperor Mutshuito with the name Meiji, which means enlightened rule

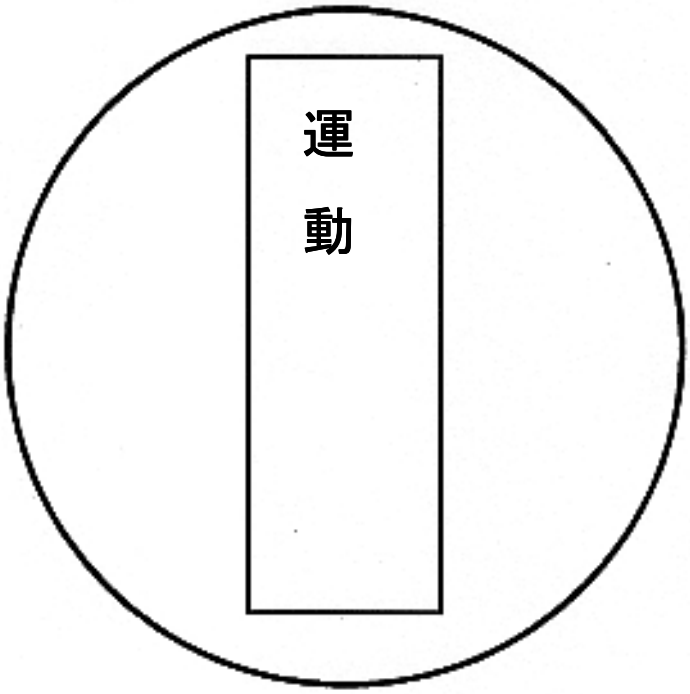
In 1868 suddenly began the Reform era of Japan known to us now as the Meiji Era. Supposedly but not effectively
The legal boundaries between Japanese social classes such as the rich and the poor were formally dissolved.
Emperor Mutshuito drafted Japans first written constitution and did away with the 265 year old
Feudal Tokugawa shogunate this was the beginning of the modern reform era of Japan

Along with these new reforms was a reformed legal system, which forbade the class system's impunity
To kill people of lesser stature such as people of peasants birth or even the poor
The practice of ninjistu was officially banned in the 1700's at the end of the Tokugawa era
But the ninja somehow survived underground will into 1868
When both The Samurai and the Ninja were banned at the end of the 19th century

The Samurai and the Ninja were completely banned in Japan with the beginning of the Meiji Era 1868 to 1912
And all of the remaining Ninja Clans were subsequently outlawed and scattered to the winds in Japan

Today! The ninja lives on in modern Japan as legend and myth
And the world knows the ninja through movies and television programs

**Chapter 2**
Class warm up exercises

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**Class warm up exercises**

# 運
# 動

Beginning exercises in the dojo is an indispensable part of your martial arts training
If you do not train your body as well as your mind then you are only half way trained

For thousands of years the daily routine has remained the same
Slowly the frigid Japanese night would give way to the cold barren morning in the clan sanctuary
And another day of training would begin for the student ninjas

While it was still dark a large bell would toll, and scores if not hundreds of nameless men would rise out
Of their cots and silently file down the stone steps into the small dojo below
The room would be sparsely heated by only a small wood-burning oven, in the corner of the room
The atmosphere would be a mixture of cool air, smoke from the burning wood, and incense

The men and sometimes women would quietly file into the room, shaking off the cold and slumber!
As the sensei would walk into the middle of the room and the days training would begin

The beginning warm up exercises in the dojo are one of the 5 most important things you must do in martial arts class
Warm up exercises loosen your mussels up so they will function properly for karate class
If your muscles are nice and limber and your tendons are elastic and stretchable then you will be prepared for any
Accidents that you may have in class

If you start kicking without having first done any stretching exercises then you might strain a muscle in your leg
If you haven't exercised in class then you will be much uncoordinated when it comes time to perform techniques
Morning exercise class is the very first building block in a martial arts career

Any good exercise or workout begins with simple stretching exercises and works up to hard core calisthenics
Even the sport of weightlifting absolutely requires a certain amount of beginning exercises to ward off injury
And the entire martial arts world especially karate is no exception!

As a student training to become a ninja you must concentrate on aerobic exercises before performing
Anaerobic exercises, Aerobic exercises are exercises performed while the body is inhaling and exhaling air
Such as running or jogging,
Anaerobic exercises are exercises that can be performed without needing a constant influx of air such as
Weightlifting, Pushups or deep knee bends

You begin your warm ups by stretching your arms outward to the sides as far as they will go, stretch
Then with your arms rigid slowly rotate your arms forward in a circular motion for a moment.
Then rotate your outstretched arms backwards for a dozen motions, this will free the bones and muscles in your
Arms for the strenuous exercises yet to come

Next stand at attention with your legs spread as far as possible and then perform windmill toe touches
There is no set number for warm up exercises but a dozen or the number twelve seems to be the universal set
Next you will need to exercise your legs; you can do this by performing a dozen jumping jacks
You can perform deep knee bends, but you will later be performing twenty deep knee bends later
Running in place is also good warming up exercise for the leg muscles

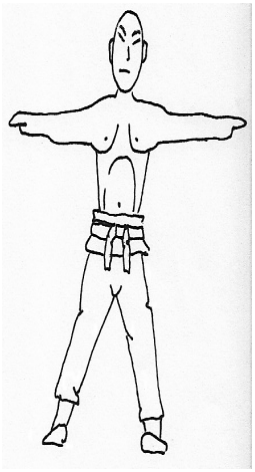
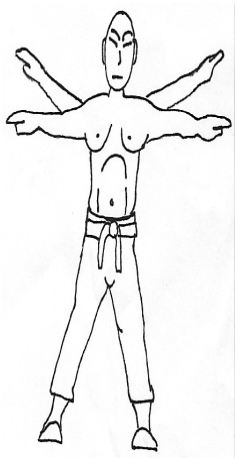
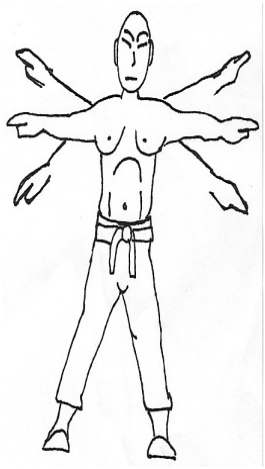
**The strength of a ninja is not in huge muscles, but in fast and flexible muscles**
A ninja does not exercise to become bigger, the ninja exercises to become stronger! And flexibility and stamina are strength
A ninja is stronger than any man because the ninja is faster and more nimble than mere men
During any form of hand-to-hand combat a ninja can move out of the way of the strongest mans punch
And then close in and make a swift and determining blow against his adversary
Strength is fine but speed in combat is invaluable! And is most often the determining factor in a battle

**Class warm up exercises**

Classes warm up exercises are important! because it warms up the body for the rigors of karate class
Warm up exercises make the muscles limber and ready to function
Stretching forces blood through the blood capillaries in the muscles and lessens the chance of an accident
You should not allow your students to participate in karate class without doing their daily exercised first

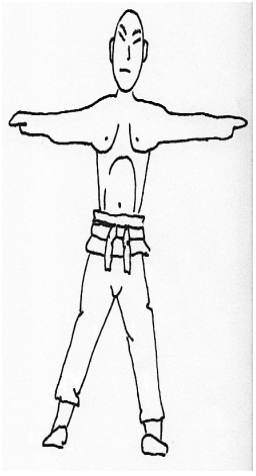
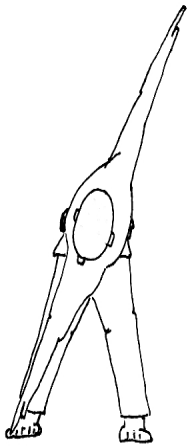
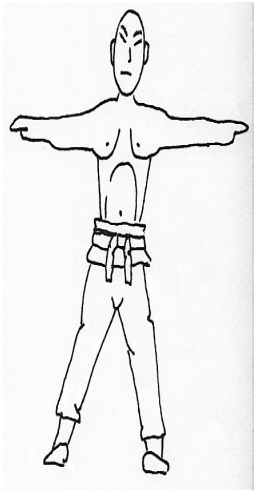
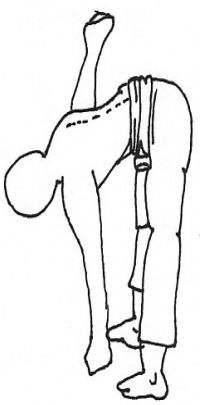
**Arm stretching**
Stand up straight with both arms fully outstretched to the sides
Next begin moving your arms in a tight circular motion slowly making larger and larger circles in the air
And stretching and loosening the muscles in your arms and shoulders

腕の筋肉

**Wind mill toe touches**
Stand up straight having both legs a couple of feet apart with both arms fully outstretched to the sides
Twist your torso sideways and bend over forward and touch your toes with your fingers
Next rise back up to your feet again and complete another cycle with the other foot

背中の筋肉

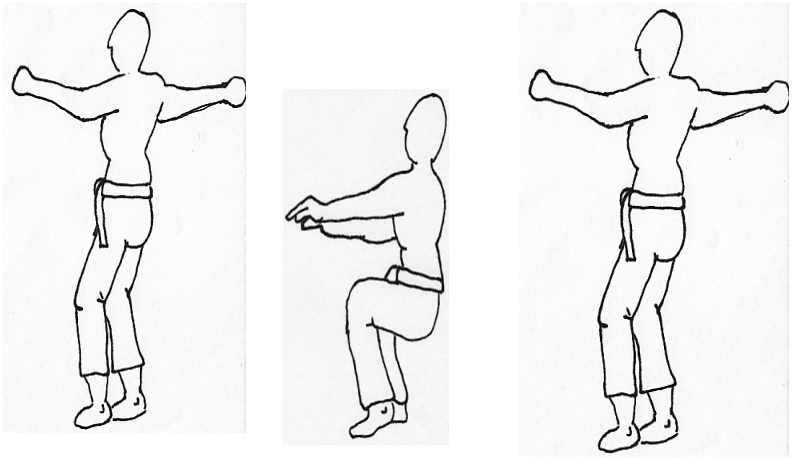





**Class warm up exercises**
Leg stretching

Stretching your legs is important in any exercise program because stretching strengthens your tendons and joints
And allows your muscles room to grow properly
And strong joints and tendons are the heart of a ninja's body building program, a ninja trains for speed and not size
Limber and agility are a ninja's only true weapons

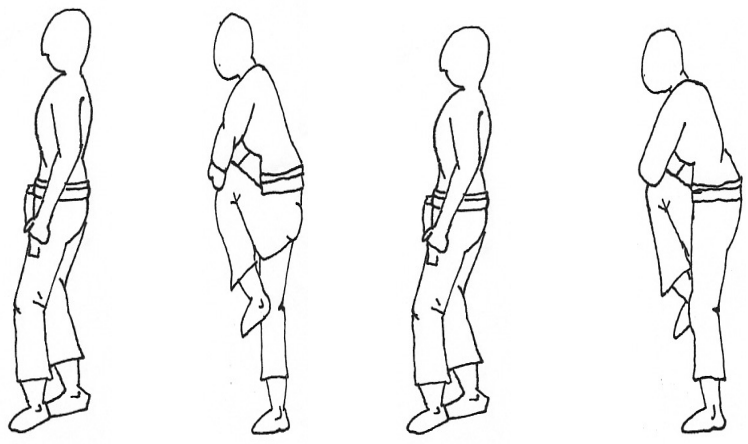
**Deep knee bends**
Stand up straight having both legs close together with both arms fully outstretched to the sides
Then slowly bend down at the knees until your thigh meets your calves, you may rotate your arms forward as you bend down
This will help you to balance yourself; some people place their arms forward others keep their arms to the sides
Next rise back up to your feet again and complete another cycle

脚の筋肉



**Knee Lifts**
Stand up straight having both legs close together with both arms fully lowered to the sides
Then slowly raise your left foot upward bringing the knee up as close to your chest as you can
Most students raise their arms outward for balance while they do knee lifts
Next lower your foot to the floor again and complete another cycle

脚の筋肉

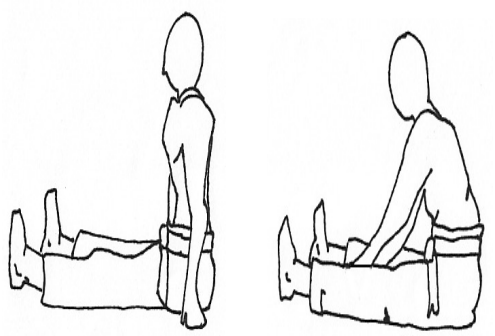


**Class warm up exercises**

Leg stretching

For powerful kicks, the ability to lift ones leg high and fast cannot be overstated in any martial arts treatise
You have to have long hamstrings and muscle fibers to get the explosive kicks you see in the movies
A huge leg doesn't necessarily mean powerful kicks, but a leg with long and powerful tendons and muscles do
There are two ways to stretch your leg muscles, the simplest is the floor stretch and the other is the bar stretch

脚の筋肉

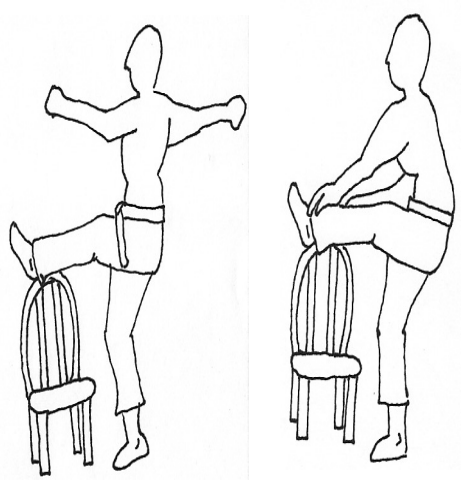


**The floor leg stretch**

1. Sit on the floor with your legs spread out sideways are far as they will go
2. Place your arms outward and try to touch the floor in front of you
3. Reach out as far as you can go trying to go further and further each time
4. Stop and relax
5. Repeat the process as desired, but stop before becoming sore
   As always in any exercise program start doing a few repetitions
   And slowly build up to a higher number to avoid muscle damage

The bar stretch if probably the most widely used form of leg stretching in the world
Martial artists and dancers both appreciate the technique of placing ones leg on a high mounted bar and stretching
As you can see by the graphics below many different objects can take the place of a wall mounted leg stretcher
The only concern is that the object is high enough to get a good stretch and simple enough to get your leg back safely without falling

脚の筋肉



**The bar stretch**

1. While standing up place one foot and leg on top of something high
2. While standing strait lean your torso forward and try to touch your toes
3. While doing so rock your torso forward a little to stretch the tendons
4. Stop and relax
5. Repeat the process as desired, but stop before becoming sore
   As always in any exercise program start doing a few repetitions
   And slowly build up to a higher number to avoid muscle damage

One of the most amazing things about the martial arts world is watching a martial artist break solid objects with his bare hands
All seemingly without any effort and with superhuman strength
This is because the muscles of a karate ka have been properly conditioned so he can get the most use of them
This is done by stretching the tendons and sinew's of your limbs so that you can get the full range of motion from your limbs
No matter how large they are. Muscles that cannot move very far are not very fast or strong

Muscles are large cordlike tissues that act and move only by contracting, When you move your arms and legs
Your muscles are actually contracting to pull your limbs in a forward or backward motion
Muscles are held to the bones by sinew called tendons. And any two bones are held in place by ligaments

It's a little known fact that the muscle men you see in the popular sports magazines are not very strong at all
This is because their muscles were exercised to be large and not exercised to be strong or very fast
Such a muscular person is much larger than you are but only slightly stronger that anybody else

**Class warm up exercises**

Stamina is the key to winning in combat

**Advice on building endurance**

As a ninja you already know how important it is to train you body as well as you must train your mind.
It is one thing to technically know how to perform a karate technique on an opponent
But it is quite another thing to actually be able perform a karate technique on an opponent
Having a strong mind as well as having a strong body is a key tenement in the art of ninjitsu
And training your body and mind to work together in unison is what this form of ninjitsu is all about

For the ninja speed and stamina training is much more important than strength training or brute force
The ninja trains the muscles of his heart to beat fast for long periods without tiring and failing him
As the ninja trains his lungs to breathe an ocean of air for long periods of time without exhaustion
For the ninja strength training and muscular power is fine, but the true ninja trains his body for endurance
If you train your body and train your skill then there is no reason you should not always be the winner in every fight

All fighting taking place either on a battlefield or in the streets can last for only three minuets time and no longer.
After experiencing extreme physical exertion such as fighting most people will be too tired to fight any further
The winner of any fight usually is the person who has the most stamina or in other words can fight the longest
And strike his opponent placing one or two strategic blows while his opponent is too exhaustion to fight effectively
This is the way most, if not all battles and altercations end

Most common street brawlers fight for only one or two minuets time and back away for a minute taking very short
Pauses to regain their strength and then return to the fight, usually during these short pauses they will insult or
Verbally demean their victim until they can gather the strength or erstwhile courage to fight on
While the thug is exhausted and is backing away, this is the best time for the ninja to strike and quickly end the fight
And only one good blow on an exhausted aggressor will stop even the most hardened street fighters

**How to build endurance and stamina**

To train your body for stamina and the ability to function at high speed for long periods of time you must
Begin with the basics, running and jogging is without a doubt the best way to prepare your heart and lungs
For the rigors of extended fighting and high intensity combat
Running will strengthen your hart and fill your lungs with so much air that you can fight for hours without tiring
And fighting for long periods without loss of strength or dropping your guard is the hallmark of a good fighter

Your legs and arms are the two most important appendages during a fight so make sure they are strong
You can exercise your arms by as if you were making punches by rapid thrusting motions for a few moments a day
Shadow boxing is a great way to train your arms for rapid movement and training with a punching bag is great also
The main idea is to build up the strength to constantly move for three minutes or longer without interruption
And thereby maintain a steady attack upon an adversary while he depletes himself of strength
And remember the number one rule for martial arts exercise! The ninja exercises for speed and flexibility

**Important information about thugs**

Most street thugs and violence criminals fall into two categories according to their age level
So if you are led to a fight with a thug then the age of the thug is often more important than how big the thug is
For instance a teenage violence criminal will often be school age even if they are school dropouts
And being so participate in scholastic sports requiring running and strenuous physical activity
These types of criminals are the hardest to fight because they are in the prime of their violent careers

Most street thugs and violence criminals over the age of thirty don’t even exercise their bodies at all!
The most skill or training a criminal has is by kicking a tree in his back yard for a few minutes a day
This may include punching a bag or burlap sack suspended by ropes from a tree
But does not include karate training from a reliable trainer and doesn’t include actual sparring with a partner
As you can see most thugs and criminals come from pathetic circumstances and stay there as a way of life

**Class warm up exercises**

Typical meals for a healthy lifestyle

**Proper nutrition**

All people require a diet that provides from 2000 to 3500 calories a day to provide sustenance for life
In this hectic jet set world not all people can find the time to eat a healthy meal on a regular basis
That's why it is so important that you eat a healthy, well balanced meal whenever possible
Try to get as many vegetables in your diet as possible, since vegetables are hard to find while traveling
Fruits are just as good and even better as a dietary choice, and are much easier to find while traveling

**Water**

An important nutrient is ordinary tap water, Water is important to the human body because it is essential for the cells
To produce energy, Water is also important for temperature regulation and to carry waste materials out of the tissues
The amount of water a human being needs on a daily basis is dependent upon the immediate environment factors
Such as personal health, daily activities, temperature and sweating
Most people get the water they need during the day in many small doses such as the daily cup of coffee

The old legend has it that a person needs 8 to 12 glasses of water a day to live.
Most humans need only 2 or 3 glasses or 19 oz of water a day provided they don't lose much water during
They're daily activities including strenuous exercise or extreme heat during the day

**Food and nutrition**

Nutrition is the human body ingesting materials to fortify itself such as protein carbohydrates, fats, oils, and water.
Protein is broken down into amino acids in the human body and used for growth and tissue repair
Carbohydrates are used for energy production fats and oils are digested for proper regulation of all body organs
Such as the kidneys, liver and skin, Fats and oils not only come from animal sources such as meat
Fats and oils also come from plant sources Such as corn, cereal and beans

**Breakfast**

Lean meat, Fish, Eggs or Cheese. For variety change between meat and fish between meals
1 Pieces of toasted bread
2 servings of fruit, Apples / Oranges / Grapefruit / Pears / Grapes / Any kind of melon
For a healthy variety, mix any two fruit combinations
8 oz of citrus fruit juice. 8 oz of water or coffee

**Lunch**

Lean meat, Fish, Eggs or Cheese. For variety change between meat and fish between meals
1 Pieces of bread.
2 to 3 vegetable servings. Carrots/ Corn / Peas/ Beans (Any) / Potatoes / lettuce salad / Greens
For a healthy variety, Mix any two vegetable combinations
8oz of water. 8 oz of water or coffee

**Dinner**

Lean meat, Fish, Eggs or Cheese. For variety change between meat and fish between meals
Meat. As lean as possible.
1 Pieces of bread.
2 to 3 vegetable servings. Carrots/ Corn /Peas/ Beans (Any) / Potatoes / lettuce salad / Greens
For a healthy variety, Mix any two vegetable combinations
8 oz of water, No coffee

**Note:**

It's interesting to note that ordinary dairy cheese is considered a meat substitute by nutritionists
Instead of a meal consisting of either servings of meat or fish, single servings of cheese can be used instead

**Note:**

Certain types of vegetables that are low in vitamins are usually high in vegetable fiber content
Fiber is important in the digestion process because it provides important elements for the intestines
Allowing waste materials to be processed smoothly through the body

**Class warm up exercises**

Sleep hygiene

**An important health tip**

Always plan on being active for 16 hours during the day and reserve 8 hours dedicated to sleep during the night
A good way to maintain this routine is going to bed at a set hour every night and waking up at a certain time as well

**The importance of sleep**

The importance of sleep to the human body cannot be overestimated for its overall life supporting benefits
The human body needs sleep as it needs food and water and life giving warmth
As a student of martial arts you already know how important it is to relax after exercise and allow your body
Time to heal and repair itself and sleep is a part of that process

Sleeping for only 5 hours at night is simply not enough rest for a human being to perform at his/her best
Eventually a sleep-deprived person will not be able to function at the best of his abilities
And be as useless as a person drunk and will have to forgo the day's activities until he catches up on his sleep

**Sleep is important for the human mind and body to function properly**

A person deprived of sleep for 72 hours has the same mental impairment of a person who has had 3 oz of alcohol
Without sleep people will begin hallucinating and fall into a state of depression and even anxiety
Even losing a little bit of sleep can affect your performance negatively at work that is why if you want a successful
Career you need at least 8 hours of continues sleep the night before to function at your best

When you go to sleep you are allowing your body to shut down for a period and heal itself
When you lay down for 7 to 8 hours you are allowing the bones in your back to slowly sink back into place
As you lay motionless the joints in your bones have time to heal and the muscles have time to repair themselves
When your eyes are closed your tears are able to sooth your eyes and clean out the acquired dust and debris of the day
Sleep actually protects and heals your eyes and helps improve your vision

**How to get refreshing sleep**

Perhaps the best way to get to sleep at night is to simply lie comfortably in bed and wait for sleep to come
A warm comfortable bed empty of clutter in a dark room free of distractions is essential to getting sleep
A bedspread such as a cotton sheet covering the spring or foam mattress is only part of a proper ensemble
A second sheet between the sleeper and the blanket will make the roughest of wool blankets comfortable
Don't forget a comfortable pillow with a cotton pillowcase

Quiet is also an important part of getting enough sleep
Remove any noise generating objects from your bedroom such as a noisy clock or electrical appliance
No matter where you live there are sure to be plenty of sounds outside so shut the windows and pull the curtains closed
Many people make the mistake by believing that they can sit up in bed and watch television until they become sleepy
Watching the video from a television involves too much activity from the brain to allow it to fall to sleep

If you are still having trouble getting to sleep then try taking a warm bath before going to bed
A warm bath is soothing and will help release the muscle tensions you have acquired during the day
Many people swear by a hot cup of chamomile or fennel tea
These home remedies contain substances that have been proven to chemically promote sleep
A glass of milk contains calcium, and calcium is a proven neurological relaxant

A good way to keep your body in wakefulness and sleep pattern is to have a set waking and sleeping routine
You should always rise at the very same hour every day to set your body to a rhythm of daily activity
It's important to have a particular time every night to go to bed in the evening such as 10:00 p.m.
A good way to maintain this biological rhythm is to set aside 8 hours an evening devoted entirely to sleep

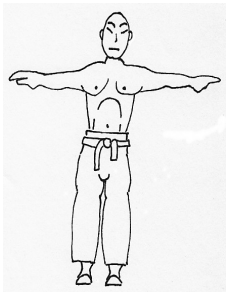
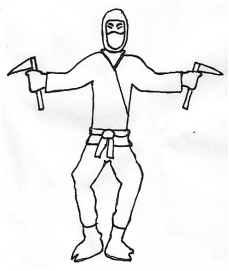
It may seem childish to some for an adult to have a set bedtime in the evening for sleep every night
But you have to remember that all professional athletes have a set time for sleep to maintain their top performance
And the true professional rarely deviates from that routine
And if you are ever asked about your sleeping patterns simply state that you go to exercise class and you go to
Bed at a certain time in the evenings to maintain your peak performance

**Chapter 3**
Ninja White Belt Pre-Training

# Which martial art is right for me?

All martial arts such as karate or kickboxing are by no means the same
Kickboxing completely centers itself on punching and kicking; While Judo is entirely centered upon wrestling
Ju Jitsu is a combination of both boxing and wrestling
If you are a sportsman, then karate and judo may be right for you, if you are learning self-defense then you should go with kickboxing

1. If you are interested in sports then you should take up karate or judo
2. If you are interested in self-defense then you should take up Kickboxing or Muay Thai
3. If you hate strenuous exercise then you should take up Korean karate or Tae Kwondo
4. If you don't mind strenuous exercise then you might consider Kickboxing or Muay Thai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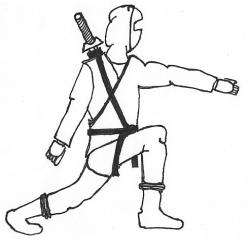


**White Belt Beginning**

Finding the right karate school for you

As a new member of any martial arts class you are already considered a white belt
The white belt is a symbol of purity and as such the student is considered pure and without knowledge of karate
Don't be put off by wearing a white belt, After all! One time or another Bruce lee had to start off as a white belt
And many karate masters who teach class wear white belts so they will not soil or dull their colored ones in class
A white belt is merely a symbol of your devotion and determination to enter the martial arts

**Why do you want to take karate training?**

Are you a person who wants to learn how to fight and defend himself? Or are you a person who wants to learn an exciting sport?
Both are good reasons to take the time to learn karate! Do you wish to become a martial arts master and avenge crime in your city?
Then you should just stay home and read comic books

**How to locate a reputable karate school**

For the first part in finding a good martial arts school, don't overlook the obvious!
Begin your search by looking in the local telephone book
A fly by night karate school will not stay in town long enough to have an advertisement in the phone book
Or spend the amount of money on such expensive advertising
On the other hand all the local newspapers will be filled advertisements for cheap dime a dozen karate schools

The second way to find a good karate school is to call the local grade schools and high schools and talk to
Any gym teacher about the local martial arts academies in the district
He or she will know all the feedback by the children about what karate schools are good and which ones are bogus
And believe it or not! The word on the street is always the very best way of all to judge the merits of a karate school

**On choosing the right school for you**

Once inside the karate academy what are your first impressions? Does the room look clean and orderly?
Do the floors look well moped? Is there trash strewn about the place? Are there any children's toys on the floor?
These little signs can speak volumes about the managers of any business, especially a karate school

And most importantly look on the walls of the office for prizes and awards for past contests won by the instructor
This in itself will tell you if you have a knowledgeable teacher or not.
Any good karate instructor will be involved with martial arts tournaments to further the experience of his students
And winning a karate contest is a good source of advertising for any self-conscious martial arts instructor

Another thing to notice about a karate school is how well maintained the exercise equipment is
Are there long lines in front of any equipment? Is there any equipment that looks worn down or dangerous?
And probably the most critical way to judge a martial arts school of all is to observe the students themselves
Do you see each and every one of the students studying their karate lessons well?
The most reliable warning sigh of all for a bad karate school is to see students standing idly by during class

This means that the instructor is not watching them and these are students that have just abandoned their studies
Out of frustration or boredom and no longer find the class interesting or important enough to pay attention
Typically they will gather off to the side someplace, talking among them selves and eventually somebody will bring
Snack food and magazines. And the topic of discussion will be about car parts, and what they did last Saturday

An instructor who allows people to loiter about his school is probably a complete failure as a martial arts instructor
And is probably involved in some other enterprise not in the best interests of his or her students
And you should avoid an instructor or a school like this all costs!

And finally the last part in finding a good martial arts school is finding one that is located conveniently close to you
Can you make it there by walking distance or by car?
Is this place along your way to or from work, or on your way to the shopping mall or grocery store?

The best distance to travel from your home to any karate academy is only twenty minutes one way
Too far away and you can easily lose interest in your martial arts studies worrying about the price of gas or traffic

**Ninja Karate**
The history of karate

**What is karate?**
Karate, simply put is any form of gong fu used by the local populace such as a village or community
Over many thousands of years all peoples of the world have developed and refined systems of karate and self defense
To suit their needs, China has Kung fu, while Korea has Tae Kwan do, and Japan has Jujitsu
Naturally the towns and cities of each of these countries have their own regional or ethnic version of the martial arts
Of course each and every village the world over claims that their form of karate is the most dangerous and lethal of all

**Ninja Karate is called Tai Jutsu or body skill**
There are many different clans of ninja and many different types of karate used by the ninja clans
All ninja's fight with karate, But karate is a generic term used for all hand to hand combat in the orient
Traditionally the ninja have always used a simple combination of karate and jujitsu for their work
Some northern clans of ninja use only Chinese kung fu, while most southern clans use Jujitsu almost exclusively
It's always up to each ninja clan to train their ninja to fight in the way that best suits the requirements of that clan

Kuroi-niko jutsu is a Japanese phrase literally meaning, "Black cat technique"
This form of karate was created by the ancient ninja of Japan for the sole purpose of protecting the agent against
Any enemy he may encounter, this karate was not made for sports exhibitions or your diet and exercise class
If you are fighting an enemy, any enemy it doesn't matter how huge or how strong he is
If he is a mortal enemy then he will have the same mortal weakness that anyone else has! Regardless of his size!
This form of karate was created to put the user, an average person on a higher level than a giant in fighting ability

The symbol of a black cat is well suited for the ninja since the ninja functions in many ways as a cat does
The cat is a nocturnal hunter as the ninja is, the cat stalks its prey silently as the ninja does as well
And the ninja and cat uses they're climbing skills to gain access to places to accomplish their goals

This form of karate espouses a sudden burst of the fighter's energy to quickly overpower and defeat an enemy
As a cat or a tiger leaps onto its prey the ninja also shall use the muscles in his legs to provide force for his arms
During a punch or hand strike

As huge as a ninja's enemy may be, He will have the very same mortal weakness that the smallest man has.
And as such, a blow to the side of the neck of an adversary will still stun him and render him docile
As much as a blow to the very front of the neck of an adversary shall kill him and remove him as a threat
And a blow to the leg of any kind will disable him and render him an easy target of pursuit or to escape

The ninja may be of average size such as a monk or a farmer, and his enemy may be the size of a giant
But the carotid artery on either side of his neck will be the same size as an emperor or a vagabond.
And if the ninja strikes this part of the neck, He will render his intended victim unconscious or senseless
The size of an enemy is unimportant for this form of karate and self-defense
A tiger may kill and eat a much larger buffalo, while a cobra is quite capable of killing an the largest elephant

The ninja may be of average size such as a monk or a farmer, and his enemy may be the size of a giant
But the larynx on the very front of his neck will be the same size as any common fool
And if the ninja strikes his enemy's larynx, His enemy will certainly die no matter how big or wealthy he is
Break up your enemy into small body parts! And then fight each part individually to destroy your enemy

Do not fear or despair if you are attacked by an enemy the size of a giant
The life of a ninja is full of danger! but never a life of fear or despair, as a ninja you have embarked upon a life
Of learning and knowledge, And as such it is known to the ninja that knowledge eliminates the shadow of fear
This form of karate teaches you how to fight against your attacker's body parts not an attacker all at once
This is the fastest way known to the ninja to rid or remove an enemy

The very moment an attacker challenges you! Close in and attack the closest convenient target of your enemy.
Immediately choose a likely target on your attacker's body, and focus your strength and speed on that target
Then just strike the target with the skill and force you have learned from your masters in karate school.
And your attacker shall be defeated as instantly as you make the attempt

**Ninja Karate**

The history of karate

The Japanese like all people everywhere have their own folk tales and legends to explain happenings around the campfire
And to following generations without end and the ninja of ancient Japan is no exception

**An old ninja folk tale**

The mouse protects itself with its keen sense of hearing and runs away quickly at the sound of approaching danger
And the snake protects itself with its poisonous fangs and uses them to catch the mouse as nature intended
But in the end the mouse is no match for the snake, and so the snake is the master over the mouse
The bird protects itself by flying swiftly with its wings and catches the snake as nature intended
But in the end the snake is no match for the bird, and so the bird is master over both the snake and the mouse

Man has no great sense of hearing like the mouse. And doesn't have poisonous fangs like the snake
Man does not have swift wings like the bird. But man has both wisdom and patients as nature intended
And a man can wait patiently for the bird and capture it in his net
But in the end the bird is no match for the man, and so the man is master over the bird the snake and the mouse

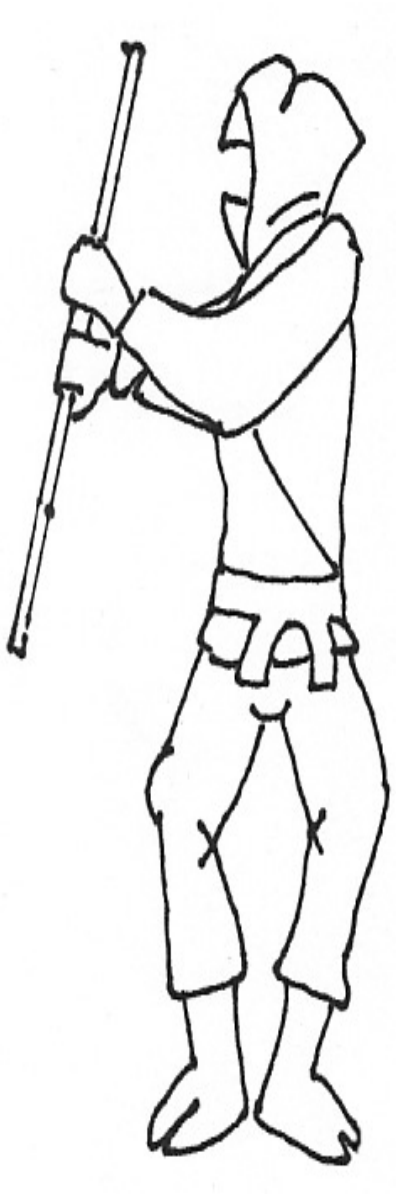
**The moral of the tale**

The moral of the ancient Japanese tale is that the mouse has incredible hearing. the snake has dangerous fangs
And that bird's have wings and can fly away from danger
And humans have none of these advantages for fighting yet mankind is still master over the animal kingdom
That is because man has knowledge and is capable of learning and using knowledge in place of strength
And animals don't! Animals may have incredible physical abilities but they have absolutely no mental or reasoning abilities
So man is capable of surmounting the dangerous weapons of nature with his knowledge and wisdom

The tale of the man the bird the snake and the mouse reflects the ninja's training in the martial arts
The ninja learns that he or she can overcome and defeat an enemy no matter how powerful
The bird has wings and can fly away and is almost impossible to capture, All the while the snake has
Poisonous fangs and is dangerous. And the mouse has a keen sense or hearing and is impossible to sneak up on
And yet the ninja as the man can defeat all with his intelligence and cunning

**Chapter 4**
**Ninja Yellow Belt Course**
**黄色のベルト**

# 黄色のベルト



**Yellow Belt Tai-Jutsu**

**Line Drill**

| | | |
|---|---|---|
| 1. Front kick | 1. Front fist strike | 1. Left forearm block |
| 2. Turning front kick | 2. Rear fist strike | 2. Right forearm block |

**Line Drill**

| | | |
|---|---|---|
| 1. Front spear kick | 1. Front fist strike | 1. Left forearm block |
| 2. Turning front spear kick | 2. Rear fist strike | 2. Right forearm block |
| 3. Front side Kick | 3. Left palm heel strike | 3. Left forearm high block |
| 4. Turning side kick | 4. Right palm heel strike | 4. Right forearm high block |

**Karate Stances**

1. The sitting stance
2. The relaxed stance
3. The attention stance
4. The L or R middle stance
5. The L or R back stance
6. The L or R front stance

**The Yellow Belt Form**

1. Starting from the attention stance Left forearm block
2. One right step forward / Assume the right middle stance / switch to right forearm block
3. Right front spear kick
4. Take 1 left step forward / Assume the left front stance
5. Left forward punch

6. Right turning punch
7. Take a left step backward / Assume the right middle stance
8. Right forward side kick
9. Take 1 left step forward
10. Left front palm heel strike

11. Take 1 left step backward / Assume the right front stance
12. Right forearm high block
13. Left turning side kick / Left forearm high block
14. Right turning palm heel strike
15. Take a left step backward and assume a right back stance

16. Take 1 left step forward / Right forearm block
17. Take 1 right step forward / Left front spear kick / Left forearm block
18. Turn left fully around facing the back / Assume the left back stance
19. Right forearm block
20. Switch arms to left forearm block

1. Front breakfall 2. Back breakfall 3.Side breakfall

**Ninja Special Skills:**

Ninja Silent Walking Technique (The Catwalk)

**Ninja Weapons Technique**

The Hanbo (The Half Staff)

**Two Step Sparring**

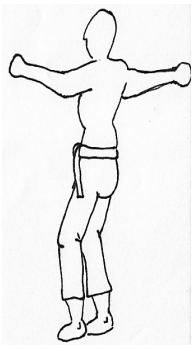
1. Forward punch
2. Front kick
3. Turning punch
4. Turning front kick
5. Forward knife hand strike
6. Turning knife hand strike

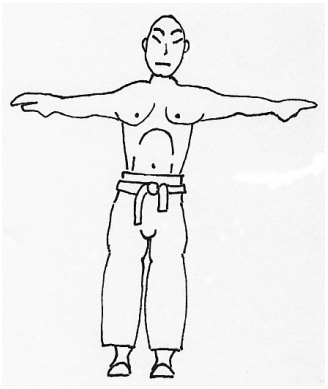
The white belt ninja student May not free spar with other students
But the senior instructor may spar with a white belt student at his discretion

White Belt students are not allowed to Spar with other students
But may only spar with the school instructor

Yellow Belt students are allowed to spar with other yellow belt or higher students

White belt students will perform the karate technique on a solo basis
As part of class demonstration





At this point the white belt student will study karate and perform the karate form or technique on a solo basis
A white belt ninja studies the karate form but does not spar with the other students until actually reaching yellow belt
The white belt may practice one, two and three step non-contact sparring with a partner
The senior instructor may spar with a white belt student at his discretion

**Yellow Belt Shinobi-Iri**

**Invisible clothing**
To become invisible a ninja must choose clothing and garments that allows him to blend in with his surroundings
A grasshopper is green but is not invisible, but when the grasshopper is placed in the grass it becomes invisible
The same is true of the snake, all snakes are clearly visible but when they are places in their natural habitat
They blend in with their surroundings to become a part of the surroundings and become invisible to the naked eye
The trick as always is to blend in with the mundane surroundings and do nothing to attract attention

**Equipment for Silent Walking**
To begin any regime of silent or stealthy walking for the study of ninjutsu your very first consideration should
Be to acquire the proper equipment for realistic training and practice sessions
Expensive ninja combat equipment is unnecessary for training sessions in the classroom
But for realistic practice or combat missions you must acquire the best quality equipment possible
Even if it is the most expensive or costliest equipment found on the market

Those extra few yen or dollars you spend while purchasing more expensive or reliable equipment
Could mean the very difference between life and death for you
And success or failure for your mission and even victory or defeat for the ninja clan in which you serve

**Stealthy Clothing**
All of the clothing the ninja owns should be very dull and plain looking, but clean and comfortable to move around in.
A ninja doesn't dress to impress people, a ninja's clothes should be dull and make him easy to overlook and forget
This is clothing made from soft material such as tightly woven cotton so that is won't make noise while being worn
You should wear tight fitting clothing so that your pants legs won't rub together when you are walking and make noise

A ninja's wardrobe should never include clothes that are heavy or stiff
A true ninja never wears expensive or flashy clothes when on a mission unless this is the style of clothing
Worn by the very same people in the area, in order to blend in with the local culture and his surroundings

A ninja's formal uniform is the clothing of the people he travels to meet and become a part of
Old tattered clothes with dull colors will help you travel about the countryside beneath the notice of suspicious eyes
And dark colors will help you move about unseen after dark

**The Shinobi Shozoku**
The classic example of ninja clothing is the ancient black combat uniform of the ninja called the shinobi shozoku
This is the black suit of clothes that covers the wearer from head to foot worn by ninjas in the movies

The shirt is a pure dull black in color as are the pants and can be used to camouflage the ninja during the darkness
The ninja's shirt has a hidden pocket within the front fold to secure weapons such as 9 throwing stars
Others feature include a permanent belt that is attached to the pants. And clothing ties on the sleeves and legs
The pants legs are tied to cover the tops of the ninja tabi or boots. And the sleeves of the ninja shirt are tied over the
Sleeves of the hand covers or gauntlets

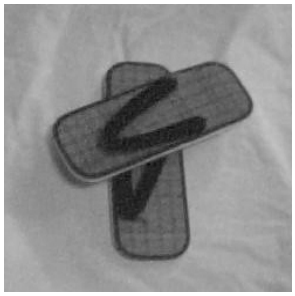
**Yellow Belt Shinobi-Iri**
Kage aruki-jutsu

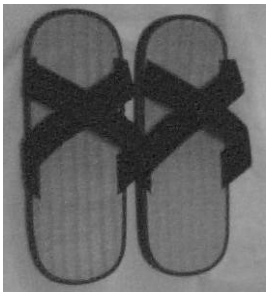
**Stealthy Footwear**
A ninja's bare feet are not always the best choice for walking quietly indoors or out because all bare feet
Tend to be dirty, and sweat will moisten the dirt on the soles of the feet and make them stick to the floor
This natural glue will make snapping noises and alert the ninja's presents with every step he makes
Also the summer heat can make walking barefoot over cobblestone roads unbearable for traveling barefoot
And the winter cold can make walking on the ground just as difficult if not even more impossible

The ninja should always be ready to attack or quickly flee from danger within a split seconds notice
So it is important that the ninja use a type of shoe or boot that balances protection and silence when on a mission
The best shoe or sandal for walking long distances is one that has hard but flexible leather sole on the bottom.
While the best shoe for walking quietly is one that has a soft leather bottom.

Many ninja's get around this by traveling to their mission sites wearing socks and zori sandals together
Upon arriving at their destination they simply remove their sandals and walk about quietly in their socks
It/s not at all uncommon for a ninja to have socks with leather soles sewn on for just this particular purpose

**Japanese zori or sandals**
The Japanese like every other culture in the world have their own version of shoes, boots and sandals
Japanese sandals are made of braided tatami straw, like thick string woven tightly together
Sometimes braided strips of cloth can be used to make zori sandals
**Note:** In Japan most socks, especially workers socks have toe ridges sewn in so that the feet can move freely





**The Ninja Tabi**
The ninja tabi, unlike a sandal is a small boot that completely covers the entire foot like a western shoe
But the tabi have a split in the front of the shoe where the toes are, like the fingers of a glove or mitten
So that the toes can move freely, this aids the ninja's dexterity when walking and climbing rope

The tabi are better for night missions than sandals because the tabi are black and blends in with the night
Also the Japanese tabi covers the entire foot and will fit better and give the ninja much needed protection
And that helps when the ninja must climb over a wall or travel fast such as and running through a field
And because the tabi completely cover the feet it is much warmer than ordinary sandals and that's helpful
When traveling over long distances in the cold

**Yellow Belt Shinobi-Iri**

**Basics for Silent Walking**
The ninja technique of silent walking or Kage aruki-jutsu centers itself on choosing a destination and planning how
To avoid noisy obstacles, and safely arrive at that destination unobserved, unheard and unnoticed

**Classroom training on silent walking**
This can be learned in daylight, but it is recommended that students eventually practice this skill in the dark.
Usually the instructor bids the entire class to be silent while one student at a time walks from one
End of the classroom to the other while trying to make as little noise as possible

The second and more complicated way involves two lengths of cord tied together like a ladder
Students may practice by stepping in the spaces of the rope ladder suspended one or so feet above the floor
There is a small bell. Suspend along each of the rungs on this rope ladder
This is good for testing one student at a time for stealth and agility.

**Begin by having your class line up side by side in class like a line drill**
1. Have each student crouch down slightly for balance
2. Instruct the students take one step forward, Knee high with foot and toes pointed downward.
3. Observe how well each student rolls his or her foot heel first on the floor
And make note on how each student may improve on their performance.
4. Have the students complete the cycle by shifting their weight on to their front feet
And raise their rear knee upward to complete the cycle

**10 Tips for stealthy indoor travel**
1. The important thing about traveling stealthily through a building is to enter the surrounding premises undetected
   If you can enter the building undetected you have the time to complete your mission and escape.
2. Plan your destination ahead of time concentrate on every 10 steps in front of you that you will make.
3. It is not necessary to go fast when ghost walking, go slowly taking a complete step every single minute.
4. Breath quietly through your nose. Take slow and rhythmic breaths but never hold your breath when walking
   You must avert any kind of snorting or gasping while walking silently
5. Make your body movements flow forward without any quick jerking motions
   Because this may cause the joints in you're body to make noises like tiny snapping or popping sounds
6. Keep your arms out to probe for obstructions in your path, if you can feel something in front of your hand,
   Then you can be sure something is on the floor in front of you and you don't want to trip over it.
7. Walk as close as possible to the walls to avoid the floorboards creaking underneath your feet.
   This includes walking along the wall when going up and down the stairs
8. If you hear a creaking noise from the floor simply retract your front foot and use it to probe for a more silent area.
9. To open a door quietly place downward pressure on the doorknob before turning and opening
10. And most importantly! Every few hundred steps stop and kneel down and listen for the sounds of others
    Cup your hands over your ears and open your mouth wide, these little things add up to better sensory of sound
    And you can deduce if you have been detected, or for the approach of others

Study and consider the terrain you are trying to walk across unnoticed
If possible first make observations about the area you are traveling to and make a mental map of the area
And place your objective in the very center of that map.
Try to observe any paths of easy entry, such as a well-groomed lawn or brick road or walkway.
A large wall or tall tree line will cast a wide shadow on the ground! always take advantage of this!
Take special note of obstacles such as walls, fences, hills, doghouse, or any small outbuildings a guard may hide.
Even a small outcropping of rocks and gravel may give you away to the guards so include this in your map

A well-groomed grass lawn is always ideal to cross because it will soundlessly muffle your footfall.
If you are traveling across a lawn, avoid any sticks or fallen leaves because they crackle when stepped on
While a large area of small rocks or gravel is probably the worst route to take
Because the gravel will communicate your footfall to the surrounding rocks in a chain reaction of noise
If you cannot avoid traveling across gravel or rocks, cat walk as slowly as possible to muffle your sounds

**Yellow Belt Shinobi-Iri**

**Silent walking indoors**

Whenever you must enter a great palace or a vagabond's shack on a mission, stealth is no less necessary.
The key to a successful entry into a building begins on traveling to and entering the building undetected.
There are many different requirements for different types of indoor work.

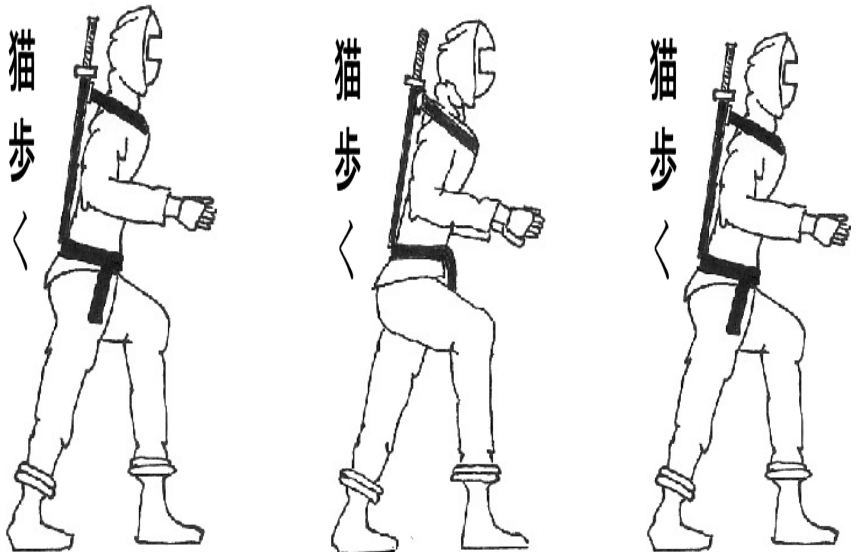
Before entering a house or an area of any kind you should first take the time to study your destination
From a concealed point during the daylight hours to prepare for a successful night mission
Do you see people entering or leaving the area? If you saw people entering did you count how many of them left?
Pay close attention to the clothes they are wearing, are any of them wearing uniforms or work clothes of any kind?
Are they carrying workman's tools or supplies into the building? If so they may be there for quite awhile

Is it cold outside? Do you see smoke coming from the chimney? Is it hot outside? Do you see any open windows?
When the sun goes down do you see any lights flickering in the windows?
Keep observing the area until after it is completely dark, and then prepare to enter the area surrounding the building
Sneak close to the building and look for a blind spot in front of a door or window to make your entrance unseen
By observers outside of the building such as sentries or passers by

**The catwalk**

The catwalk is appropriate for most indoor situations when you are walking on a hard surface
Such as a stone walkway or a hard wooden floor

1. Begin by crouching forward and bending your knees slightly, so you will not step with a slight tap on the floor.
2. Shift all of your weight onto your rear foot
3. Outstretch your front foot forward and lightly touch the floor with your heel

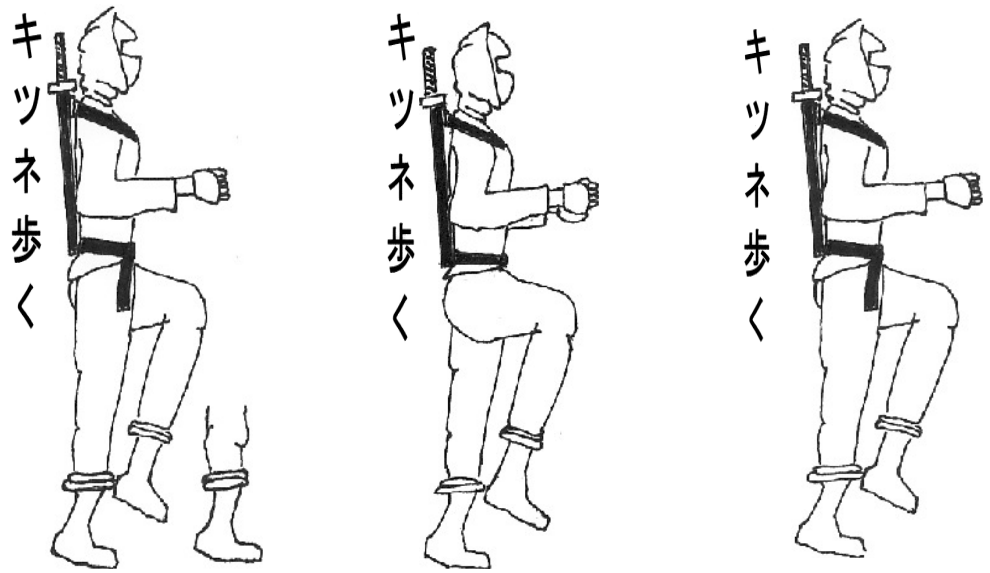



4. Roll you're front foot downward until your heel and toes touch the floor
5. Now shift all of your weight from your rear foot to your front foot but do not move your rear foot.
6. Pick up your rear leg and place it a few feet in front of you to complete the cycle
   If you are walking in a house with a wooden floor the boards are bound to creak and make noise
   You can dissipate this danger by walking close to the wall where the weight of the wall will support the boards
   And of course it's always preferable to walk on a carpet where your footsteps will be muffled!

**Yellow Belt Shinobi-Iri**
Kage aruki-jutsu

**The fox walk**
The fox walk, like the catwalk is also appropriate for indoor situations when you are walking on a hard surface
Such as a stone or hard wooden floor

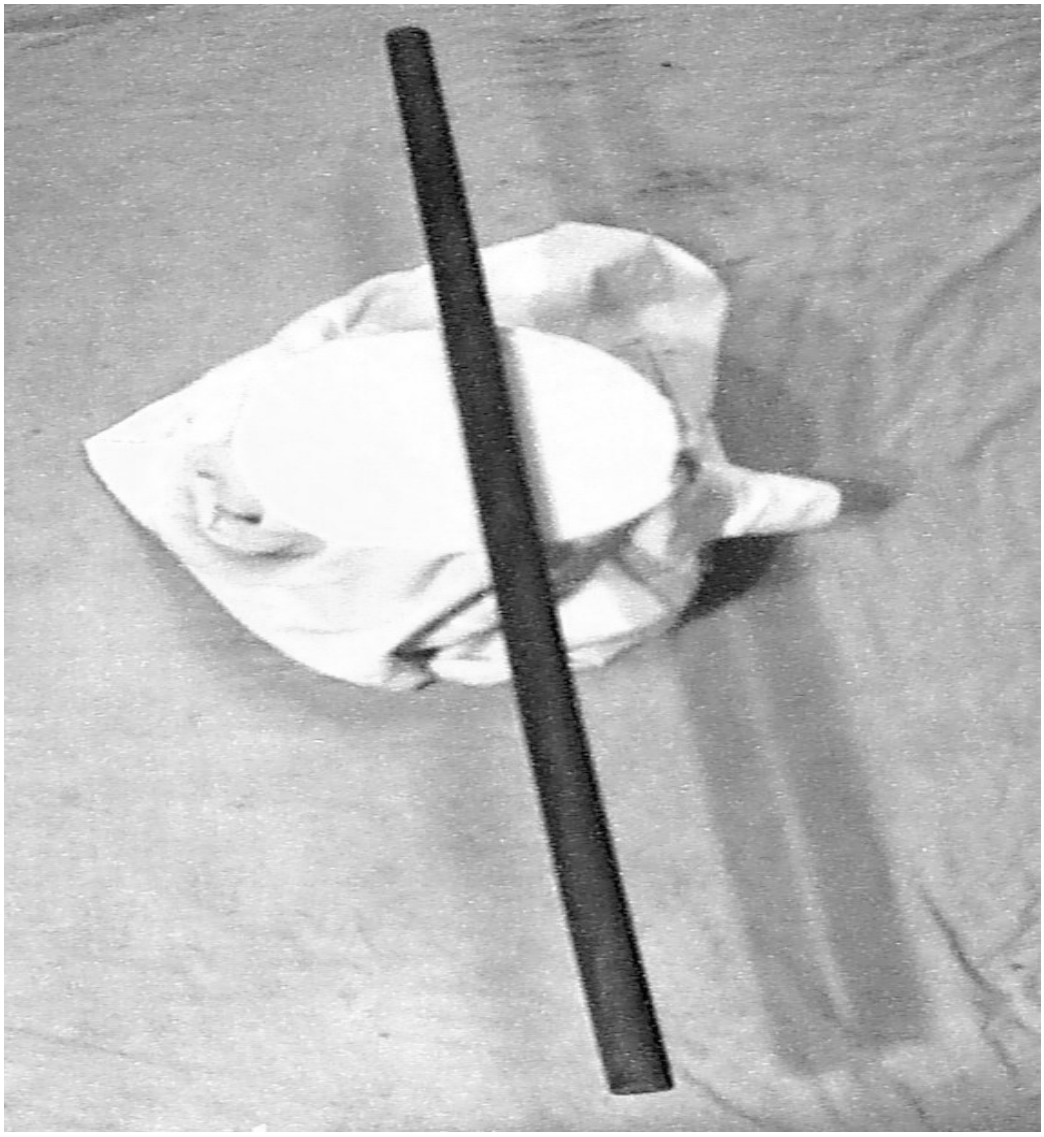
1. Begin by Crouching down and bending your knees slightly, so you will not step with a slight tap on the floor.
2. Shift all of your weight onto your rear foot
3. Place your front foot forward and lightly touch the floor with the front toes and ball of your foot.




4. Roll you're front foot backward along the bottom of your foot until your heel and toes touch the floor
5. Now tilt your front foot down to the side so it lays flat on the floor
6. Now shift all of your weight from your rear foot to your front foot but do not move your rear foot.
7. Pick up your rear leg and place it a few feet in front of you to complete the cycle
   If you are walking in a house with a wooden floor the boards are bound to creak and make noise
   You can dissipate this danger by walking close to the wall where the weight of the wall will support the boards
   And of course it's always preferable to walk on a carpet where your footsteps will be muffled

The ninja short staff

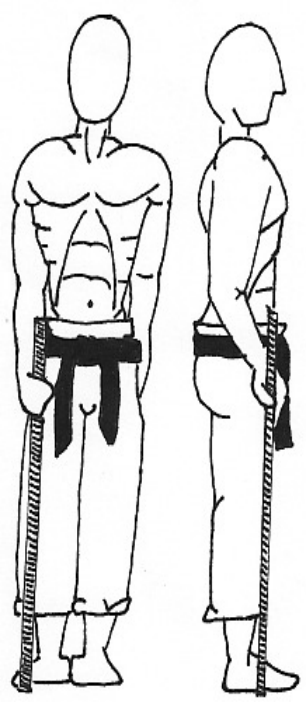
# The Hanbo



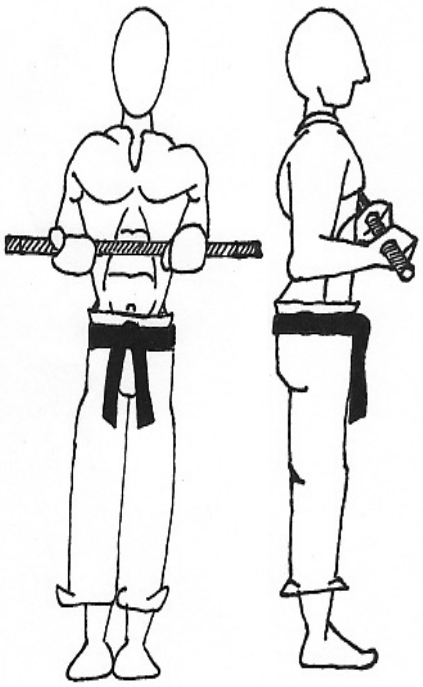
The staff is one of the oldest weapons of ancient Japan and the world over, The Japanese short staff or the Hanbo probably had its beginnings
As a simple tree limb that eventually became a wooden club, and then many generations later was further refined
Into a simple wooden shaft or pole 3 feet long and used as a farming tool by Japanese peasants
The wooden Hanbo was a farming tool and a weapon for the average Japanese peasant and farmer alike
And because of its common abundance its possession would not arouse undue suspicions of the authorities
Also and foremost it was readably available and easily concealed it became a favorite weapon of the Japanese ninja

The ninja short staff
Hanbo

**The Hanbo attention stance**
Both arms should be down at your sides, you should be griping the Hanbo with your left hand pointing downward
Your should be standing straight, your feet should be together in a v formation
And the stick should be pointing straight down; The Hanbo should be high enough so that when you bow the stick won't touch the floor



**The Hanbo ready stance**
Each hand holding a side of the Jo one third along its length
at an angle pointing downward to the floor
Your knees should be bent slightly
Your feet should be shoulder width apart

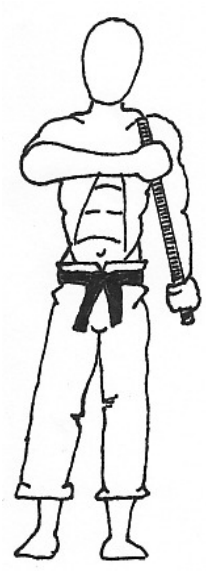


**The Hanbo front stance**
Each hand holding a side of the Jo one third along its length
At an angle pointing downward to the floor
your left leg should be shoulder length in front of your right leg,
both knees should be bent slightly

**The ninja short staff**
Hanbo

**The left middle block**
Exactly as in the hanbo ready stance
The staff is held at an angle over the left side of the chest
Protecting the left side of the torso from side attacks

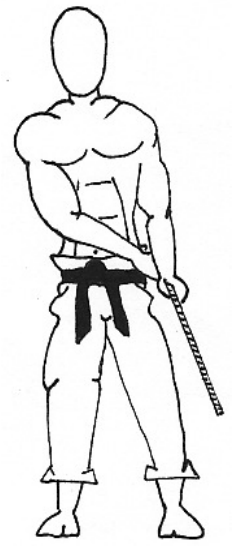
**The right middle block**
exactly as in the Hanbo ready stance
the staff is held at an angle over the right side of the chest
protecting the right side of the torso from side attacks



The Hanbo left or right middle stance should always be your first choice of defense when using the short staff as a defense
From this stance you can easily change between all guarding positions and making any kind of strike imaginable
In this way the sideways angle of the staff makes it ideal for circular motions such as power strikes
And the overhead angle of the Hanbo gives much greater range in blocking and trapping strikes from other staffs.

**The left low block**
Starting in the left middle guard position the Hanbo is thrust starting
Downward at an angle over the left thigh
Protecting the left thigh from side attacks

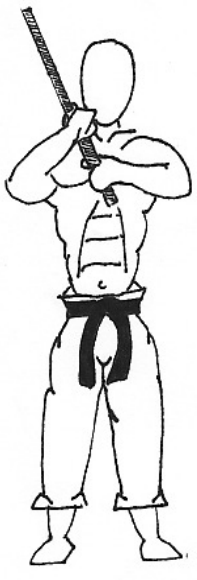
**The right low block**
in the right middle guard position the hanbo is thrust
Downward at an angle over the right thigh
protecting the right thigh from side attacks



The low guard stance for the hanbo can be performed by two different means
The first of which is to rotate both arms in a downward angle to ward off strikes to your thighs and shins
The other technique involves simply opening the grip of the lower hand and sliding the Jo downward with the top hand
Either technique is acceptable for performing a low block or a low guarding movement

**The ninja short staff**
Hanbo

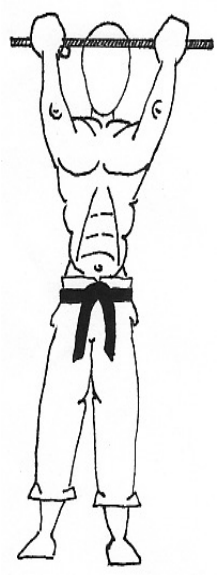
**The left overhead block Sasoku o-ba-uke**
Starting in the left middle guard position the hanbo is thrust
Upward at an angle over the left shoulder
Protecting the left side of head from side attacks



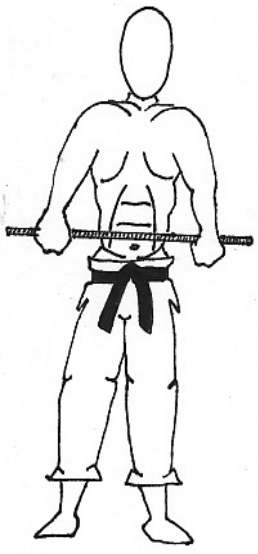
**The right overhead block Ontou o-ba-uke**
Starting in the right middle guard position the hanbo is thrust
Upward at an angle over the right shoulder
protecting the left side of head from side attacks

The overhead guard stance for the hanbo can be performed in much the same way as the low guard
That is the overhead guard stance for the hanbo can be performed by the same two means as the low guard
The first of which is to simply move both arms in an upward angle to ward off strikes to your shoulders neck and head
The other technique involves simply opening the grip of the upper hand and sliding the hanbo upward with the bottom hand
Either technique is acceptable for performing the high block or a high guarding movement

**The front high guard**
Starting in the left middle guard position the hanbo is thrust
Upwards so both hands hold the stick directly overhead



**The front middle guard**
Starting in the left middle guard position the hanbo is thrust
downward so both hands hold the stick directly in front of the stomach

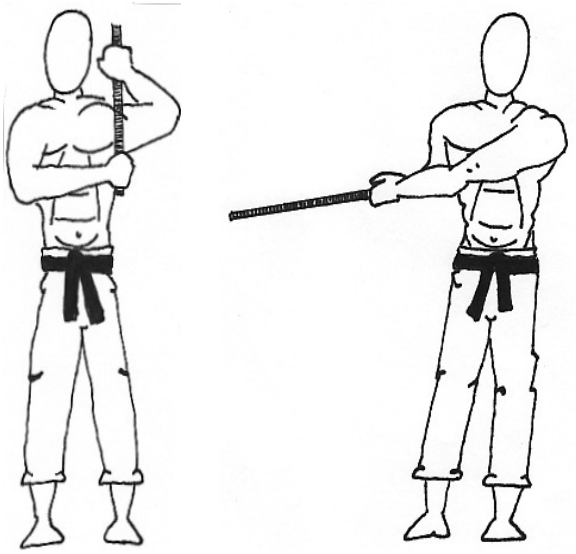


The front high block and the front middle block the movements are exactly the same
Only the placement of the staff is different
The ninja wielding the hanbo begins by holding the stick at an angle in front of his or her chest and thrusting it into position
High in front of the forehead for downward strikes to the head, And directly in front of the stomach for upward strikes

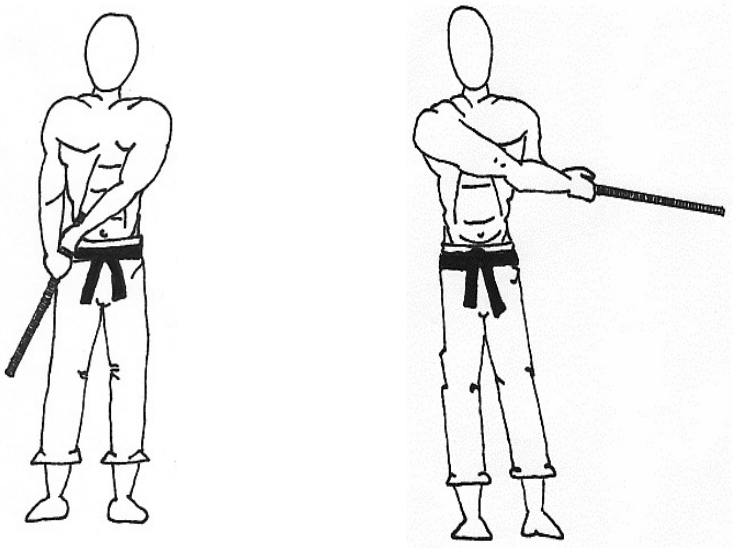
**The ninja short staff**
Hanbo

**SPECIAL NOTE**: The Hanbo is always swung by twisting your torso in the direction of your target
And moving your arms in a two handed push pull movement and not swung like a club

**The Left or right side strike Sasoku Waki Kiri**
Holding the Hanbo on your left side position rapidly swing the stick to the right in an arcing motion striking your target
Pulling your left hand backwards and rotating your right arm forward flipping the tip of the stick at your opponent
This can be performed by either the upper or lower guarding position
TARGETS: The side of the head, the neck, the upper arms, Torso



The side strike can also be a single sweeping motion bringing the staff from your left side upwards in an angle
To strike a target or adversary directly in front of you

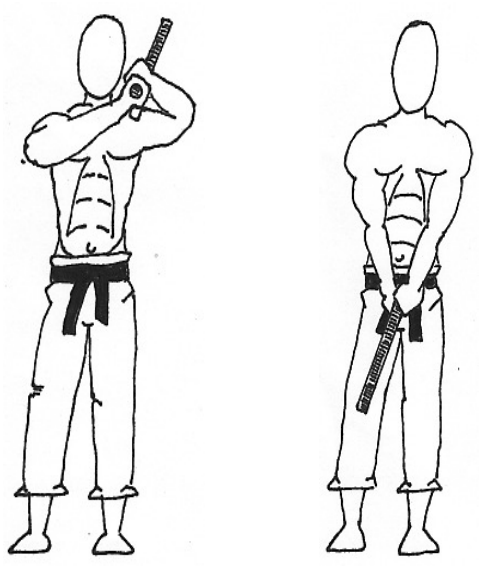


**The ninja short staff**
Hanbo

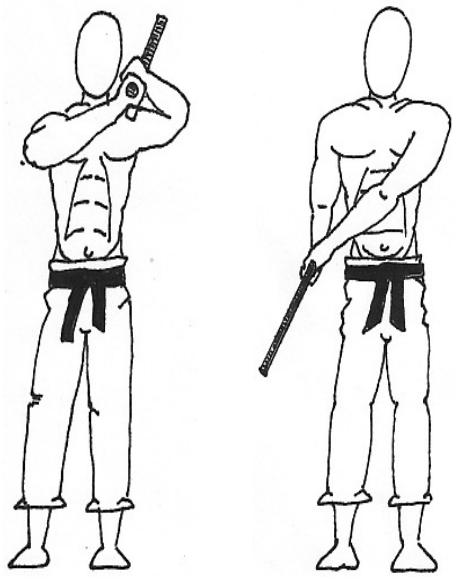
**SPECIAL NOTE:** The hanboo is always swung by twisting your torso in the direction of your target
And moving your arms in a two handed push pull movement and not swung like a club

**The front or overhead strike O-ba-kiri**
Hold the end of the stick with both hands directly over one side of the head and bring down in a forward arcing motion
At the same time push your front hand downward while pulling your rear hand upward twirling the stick rapidly downward
The targets of the overhead strike are the top of the head and the shoulders

**SPECIAL NOTE:** for added force to this blow lower your knees while you make this strike



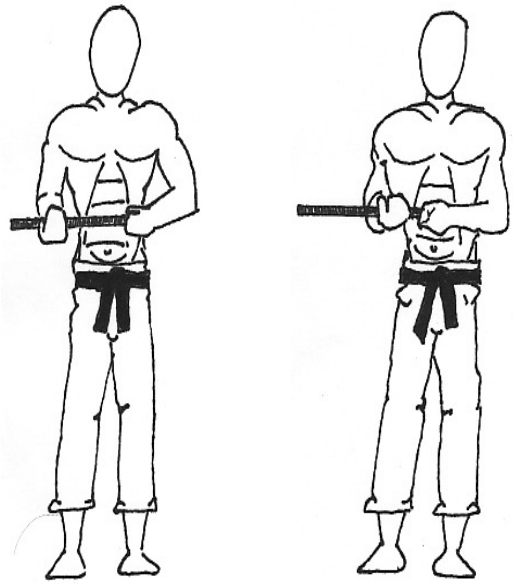
**The downward diagonal strike Nanameburi**
Hold the Hanbo in an upward angle over your shoulder and bring down in a sideways arcing motion
Use your top hand to push the stick forward as you use your bottom hand to push the lower part of the stick backward
For added strength to your blow lower your legs as you make this strike
The targets of the downward diagonal strike are the top of the head, the neck, the shoulders and the upper arms



**The ninja short staff**
Hanbo

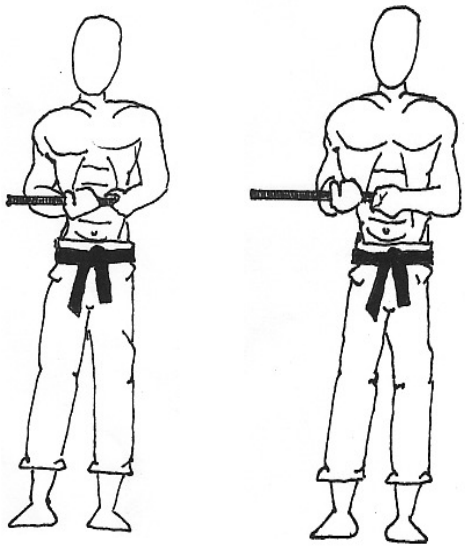
**SPECIAL NOTE:** The hanbo is always swung by twisting your torso in the direction of your target
And moving your arms in a two handed push pull movement and not swung like a club

**The one hand front thrust Dotatsu /Tsuki**
Hold the very end of the hanbo very tightly with your rear hand and point the other end of the stick with your front hand
Keep the grip of your front hand very loose and slide the stick forward with your backhand hitting your target
For added strength to your blow twist your torso in the direction of your target
TARGETS: The groin, the stomach, the lower and upper chest, and the face



As one can imagine the front thrust is much like handling a pool cue in a western game of billiards
The front arm raises and aims the Short staff with a very loose grip and the rear hand thrusts it forward
both arms must be employed in striking with the hanbo
But the front thrust allows more range and speed with the wooden staff

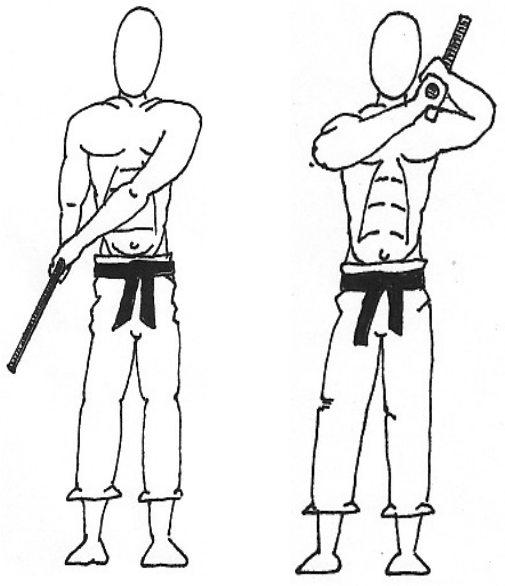
**The two hand front thrust**
Hold the very end of the hanbo very tightly with your rear hand and point the other end of the stick with your front hand
Now thrust the stick forward with both hands like a spear
For added strength to your blow twist your torso in the direction of your target
TARGETS: The groin, the stomach, the lower and upper chest, and the face



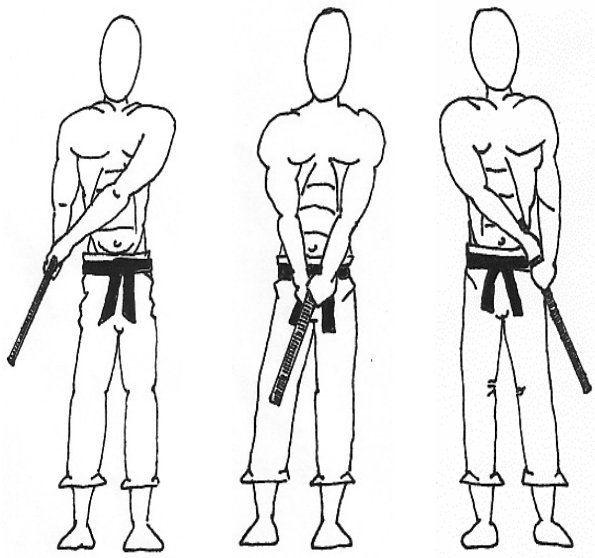
**The ninja short staff**
Hanbo

**SPECIAL NOTE:** The hanbo is always swung by twisting your torso in the direction of your target
And moving your arms in a two handed push pull movement and not swung like a club

**The upward diagonal strike Sayu Men**
Hold the Hanbo in a downward angle to the ground and bring up in an upward sideways arcing motion turning your torso
Pulling your left hand backwards and rotating your right arm forward flipping your stick up to your opponent
The targets of the upward diagonal strike are the upper legs, the lower arms, and the upper arms sometimes the shoulders and side of the neck

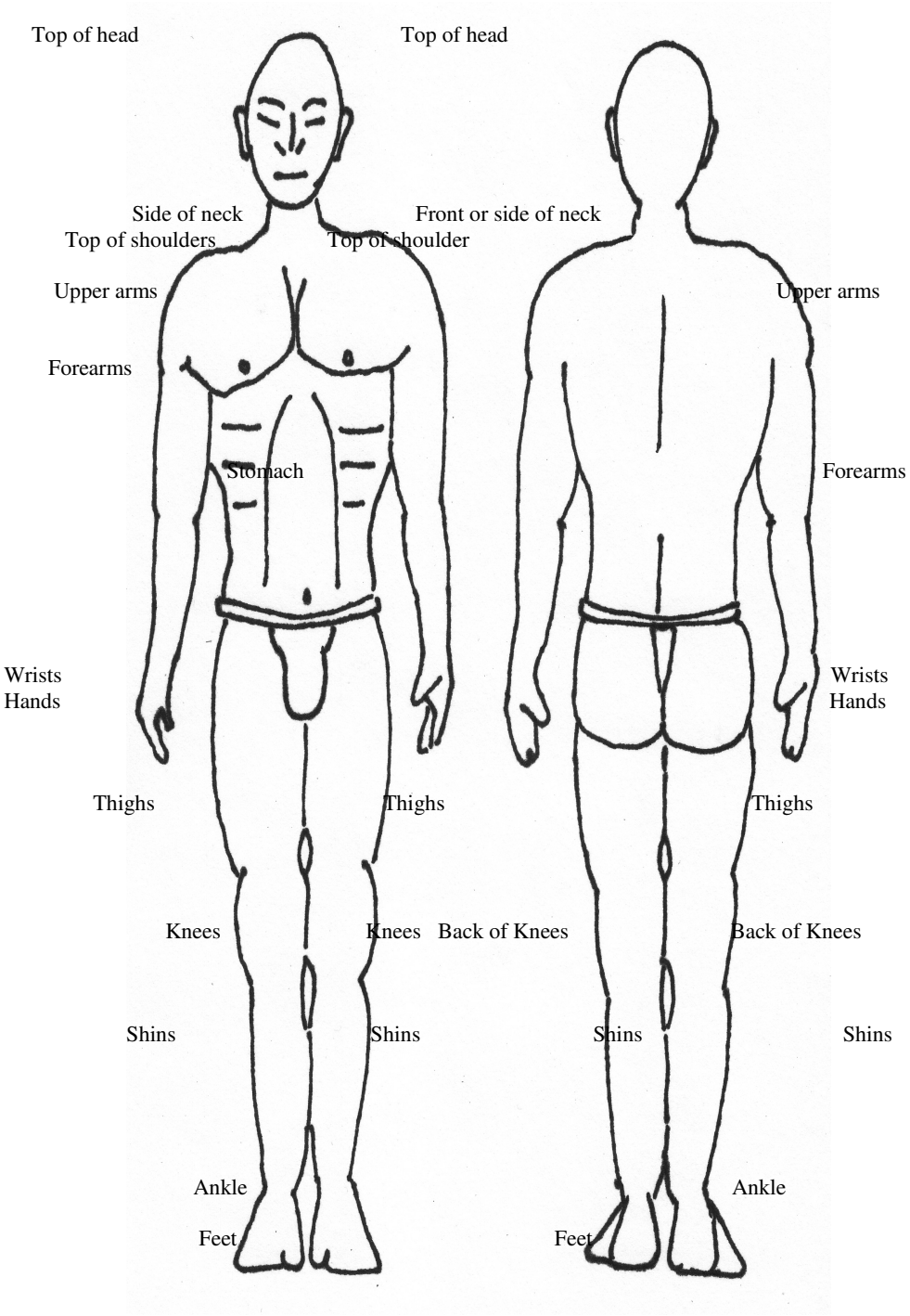


**The low horizontal strike**
Holding the hanbo on your lower left side position, rapidly swing the stick to the right in an arcing motion
Pulling your left hand backwards and rotating your right arm forward flipping the tip of the stick at your opponent
TARGETS: The upper thighs, the lower legs, the ankles, the feet



**The ninja staff**

Striking targets of the Hanbo



**Yellow Belt Buki-Jutsu**

This is the official Hanbo kata of the black cat clan

1. The Hanbo attention stance
2. The left Hanbo ready stance
3. The left Hanbo forward stance

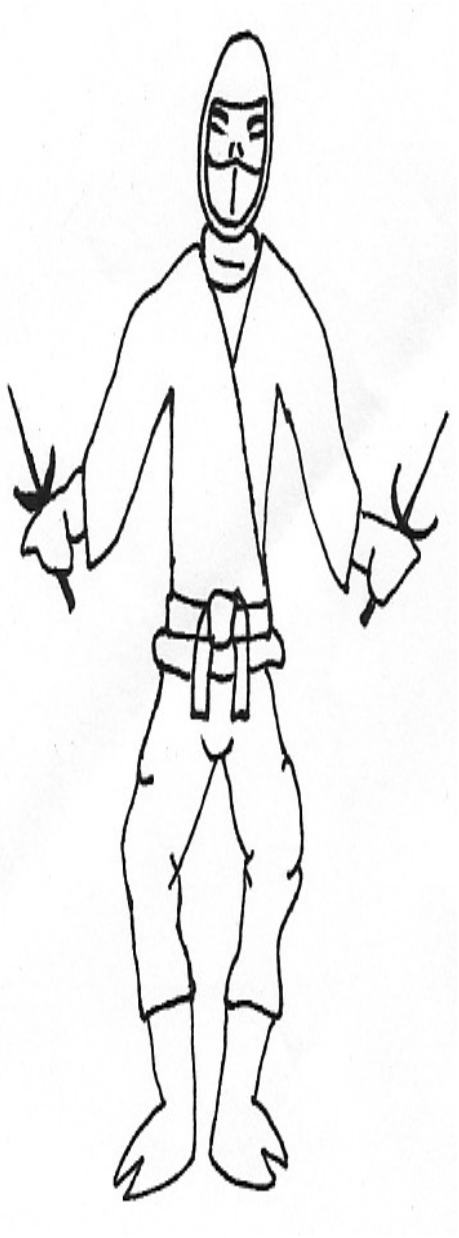
4. One left step forward
5. One left step backward
6. One turn to the left side

7. The left overhead strike
8. The left downward diagonal strike
9. The left horizontal strike
10. The left upward diagonal strike
11. The left one hand stick jab
12. The left two-hand stick jab
13. The left low horizontal strike

14. The left high guard
15. The left middle guard
16 The front high guard
17. The front middle guard
18. The left middle guard
19. The left low guard

**Chapter 5**
**Ninja Orange Belt Course**
オレンジベルト

オレンジ色のベルト



**Orange Belt Tai-Jutsu**

**Line Drill**

| | | |
|---|---|---|
| 1. Front round house kick | 1. Left knife hand strike | 1. Left knife hand forearm block |
| 2. Turning round house kick | 2. Right knife hand strike | 2. Right knife hand forearm block |
| 3. Front outside crescent kick | 3. Left one knuckle fist | 3. Left knife hand high block |
| 4. Front inside crescent kick | 4. Right one knuckle fist | 4. Right knife hand high block |

**NOTE** The Crescent Kick may be thought of as both a kick or a leg block used mostly to parry or deflect opponents kicks

**Karate Stances**

1. The sitting stance
2. The relaxed stance
3. The attention stance
4. The L or R middle stance
5. The L or R back stance
6. The L or R front stance

**The Orange Belt Form**

Starting from the attention stance
1. Take a left step forward and assume the left middle stance
3. Left knife hand forearm block
2. Left front round house kick
4. Take a right step forward and assume the right middle stance
5. Right front round house kick

6. Right knife hand forearm block
7. Take 3 side steps to the right and perform a Left front stance /left ridge hand strike
8. Right turning round house kick
9. Perform a right knife high block and take 1 left step backward
10. Perform a left one knuckle fist strike

11. Assume the right front stance / perform a right one knuckle fist strike
12. Take 1 side step to the right and perform a left knife hand high block
13. Perform a right outside crescent kick
14. Assume the right back stance / perform a right knife hand high block
15. Take 1 right step forward and perform a left inside crescent kick

16. Left back stance / left knife hand forearm block
17. Right ridge hand strike
18. Take two left steps back
19. Right highblock
20. Left round kick

The ninja who has completed his or her yellow belt may now begin sparring
At this stage the Ninja student may begin sparring with other students

1. Front break fall 2. Back break fall 3. Side break fall

The ninja who has completed his or her yellow belt may now begin sparring
At this stage the Ninja student may begin sparring with other students

1. Front break fall 2. Back break fall 3. Side break fall

**Ninja Special Skills**

Ninja Silent Walking Technique (The knife walk)

**Ninja Weapons Technique**

The Sai (Small Pitchfork)

**Two Step Sparring**

1. Forward palm heel strike
2. Front round kick
3. Turning palm heel strike
4. Turning round kick
5. Downward Knife hand strike
6. Turning Downward knife hand strike.

**Classroom Sparring**

Free sparring match, or informal karate contest

The white belt ninja student May not free spar with other students, even other white belt students
But the senior instructor may spar with a white belt in order to prepare him to spar with the other students

Classroom sparring is an informal karate contest much like a training drill.
Meaning dozens of matches are held at the same time.

This exercise is good for the ninja because it familiarizes him or her with their own fighting abilities
And builds a psychology of winning
The beginning Ninja learns that his opponent is not an invincible character out of a movie
And in fact, the Ninja himself is an invincible fighter capable of defeating or evading any dangerous adversary.

Each contestant must wear 1 head protector and 2 hand protectors and 2-foot protectors. And 1 mouth protector.
Males should always wear a protective cup.

This informal contest may be held daily in class.
Lest say an instructor has 20 students in his class for free sparring practice
Then the instructor shall make 2 parallel lines of 10 students each, each set of students shall face each other

In this contest 1 fighter shall combat 1 fighter for 2 minutes. But after the bout the fighters will change places in line.
For simplicity's sake think of ten sparring matches going on at once like in a 3-ring circus.

And the person will only fight the person directly in front of him/her until the two-minute match is over.
And the fighters change positions in the line and fight a totally different student
There are no winners or losers in this type of contest. This is only practice for the real matches
The student shall later encounter during his training.

Acceptable target areas for scoring are the upper chest and stomach
Unacceptable areas for striking are the head and neck and anyplace below the belt line of a sparring partner

A free sparring match is only one round each and exactly 2 minutes long.
With a minute break between each round. For a total of 3 minutes for each free sparring match
A professional match is five rounds; each match is exactly 2 minutes long. With a minute break between each round.
For a total of three 2 minute breaks for each professional match.

The contest shall begin with the instructor calls the class for the sparring
The instructor shall create two rows of students facing each other
Both rows of contestants shall bow to each other and shake hands
The instructor shall order the fighters to begin and end
The match will begin
The match shall take no longer than 2 minuets
The instructor shall order the match to end
The match will begin after both contestants have begun the fighter stance
Both rows of contestants shall bow to the instructor then each other and shake hands
The instructor shall order the rows to cycle
After the row has cycled, the instructor shall order the fighters to begin and end

**Karate Contest**

The amateur karate contest

The rules of the amateur karate match is the same as a professional karate match in a ring
The entire class shall sit in a circle around both fighters and the school instructor shall act as the referee
In this type of contest there are designated winners and losers
The winner is the fighter who lands the most strikes upon another fighter in the match.
Each strike is graded on points. The fighter with the most points after three rounds is declared the winner

**Required Safety Equipment**

All contestants shall wear 1.Mouthpiece 1. Headgear 2. Foot protectors
2. Hand protectors 1 (Male) Protective Cup

The school instructor will call the class together for the amateur karate contest
Both students shall first bow to the instructor and then to each other
The instructor shall order the fighters to begin and end
Each match shall take no longer than 2-minuets then a break must be called for one minuet
Both karate fighters must return to a designated spot in the classroom during the break

After the 1-minuet break is finished the match shall resume for the prescribed 2-minuet interval
The match shall resume until the prescribed 3-matches of the amateur contest have been completed
If any of the karate contestants is seen bleeding even slightly then the contest must be called off
The instructor shall make note of all strikes made on acceptable areas of the fighters
At the end of the contest the contestants shall bow to the instructor then each other

**Scoring**

Each karate match shall be 2 minutes long. With 1 minute break between each match
There are 3 matches in an amateur karate contest
The competitor who scores the most points after all three matches have been completed is the winner.

**Acceptable Areas for scoring**

1. The head (Check for local rules)
2. Chest
3. Abdomen (Above the belt)

**Prohibited Areas**

1. The head (Check for local rules)
2. The legs
3. The back
4. Below the waist area (The belt area)

**Prohibited Techniques**

1. Knee Strikes
2. Elbow Strikes
3. Spinning punches
4. Any technique to the legs (Except blocks by hand or elbow)

Karate Sparring.

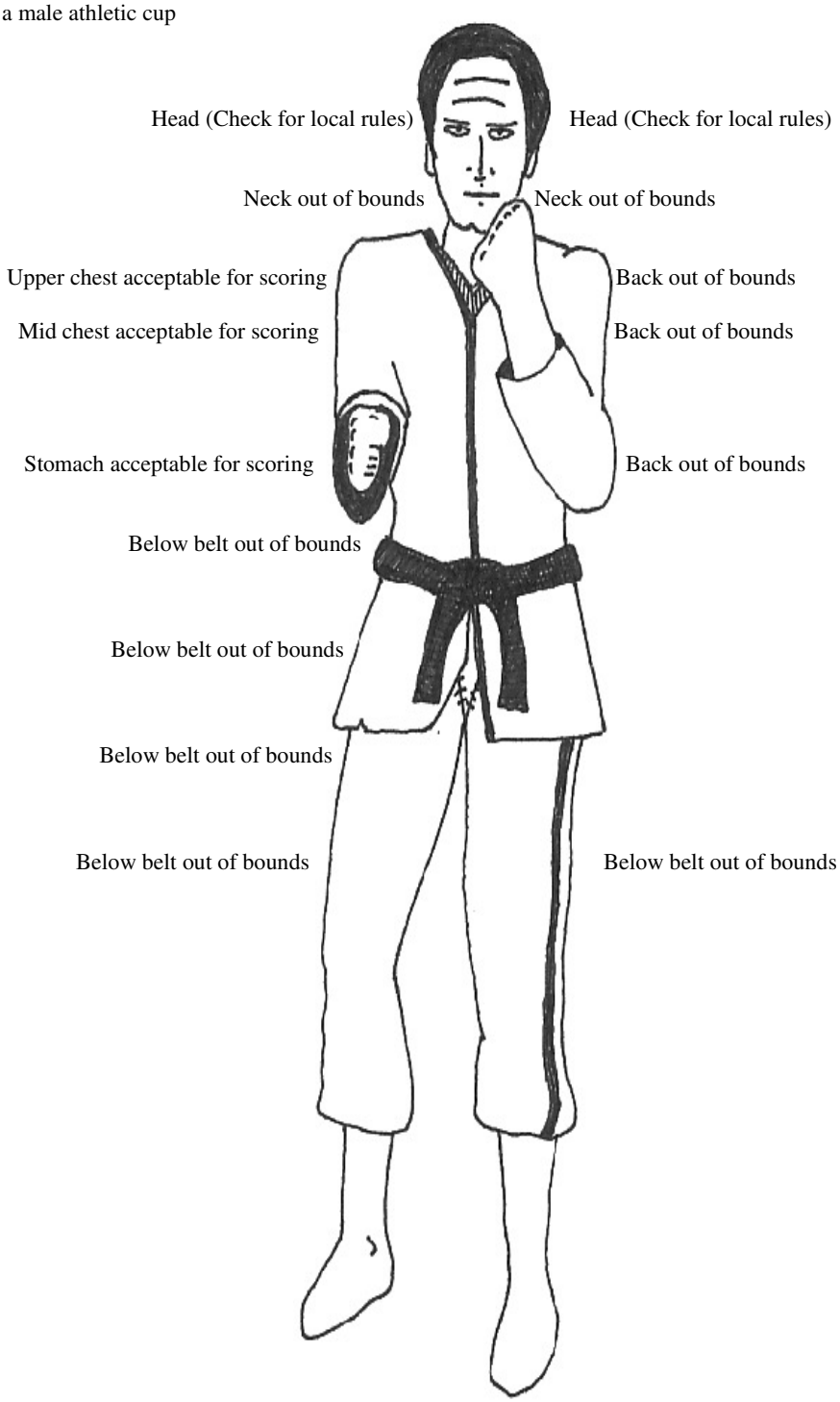
1 Date _____ Name _____ _____ Name _____ _____

2 Date _____ Name _____ _____ Name _____ _____

3 Date _____ Name _____ _____ Name _____ _____

**Acceptable areas for scoring**

All fighters must use a head protector regardless if the head is considered out of bounds
A mouth protector (Tooth Guard)
Two hand protectors
Two foot protectors
All male fighters must use a male athletic cup

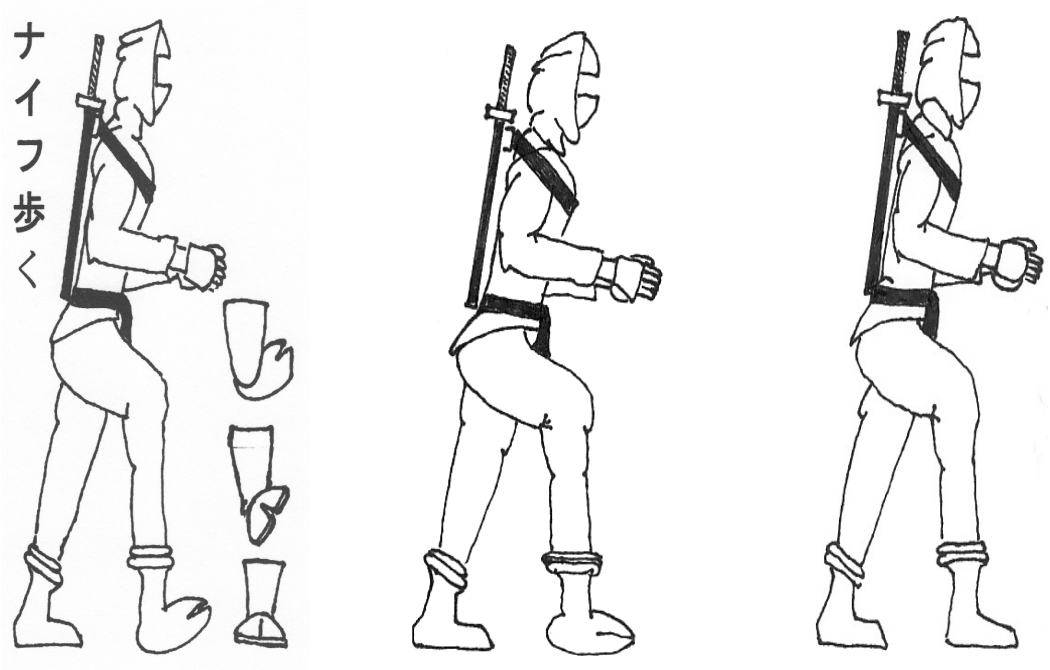

Head (Check for local rules)
Head (Check for local rules)
Neck out of bounds
Neck out of bounds
Upper chest acceptable for scoring
Back out of bounds
Mid chest acceptable for scoring
Back out of bounds
Stomach acceptable for scoring
Back out of bounds
Below belt out of bounds
Below belt out of bounds
Below belt out of bounds
Below belt out of bounds
Below belt out of bounds

The contest shall be temporarily suspended if a fighter looses a piece of equipment
The contest shall be temporarily suspended if a fighter accidentally slips and falls
The contest shall be canceled if a fighter is observed performing an illegal or unauthorized technique
The contest shall be canceled if a fighter is observed bleeding
The contest shall be canceled if a fighter is knocked down

**Orange Belt Shinobi-Iri**
Kage aruki-jutsu
**Ninja Silent Walking Technique**

**The knife walk**
The knife walk, like the catwalk is also appropriate for indoor situations when you are walking on a hard surface
Such as a stone or wooden floor

1. Begin by Crouching down and bending your knees slightly, so you will not step with a slight tap on the floor.
2. Shift all of your weight onto your rear foot
3. Place your front foot forward and lightly touch the floor with the outside part of your heel




4. Roll you're front foot downward along the blade of your foot until your heel and toes touch the floor
5. Now tilt your front foot down to the side so it lays flat on the floor
6. Now shift all of your weight from your rear foot to your front foot but do not move your rear foot.
7. Pick up your rear leg and place it a few feet in front of you to complete the cycle
   If you are walking in a house with a wooden floor the boards are bound to creak and make noise
   You can dissipate this danger by walking close to the wall where the weight of the wall will support the boards
   And of course it's always preferable to walk on a carpet where your footfall will be muffled

**Orange Belt Buki-Jutsu**

The small pitchfork

# The Sai

**Orange Belt Buki-Jutsu**
Sai, the small pitchfork

**The Ninja Sai**
The origins of the sai come from the Okinawa small hand held pitchfork

Here we see a pair of sai placed side by side
The sai is a weapon that is used in pairs to be effective
For this reason nearly all sai's are sold in pairs

One sai may be used to block a weapon like a shield
While the second sai is used to strike your opponent
Sometimes a ninja may carry a third sai to be used as a throwing weapon

**Types of sai**
The sai come in many shapes and sizes, but most sai are judged by their length
By the way most sai coming from Okinawa Japan are black because they were originally made of iron

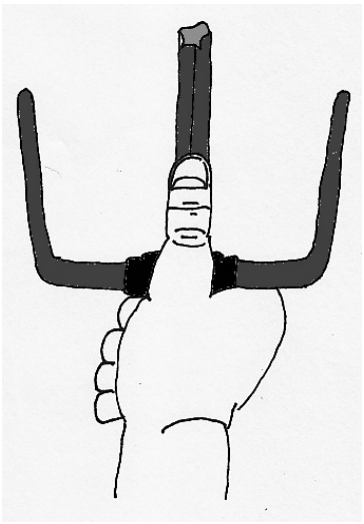
**How to hold the sai**
The sai is held on the griping area in back of the sai underneath the trident blades
The thumb is always placed just below the middle and largest tong where the handle meets the sai

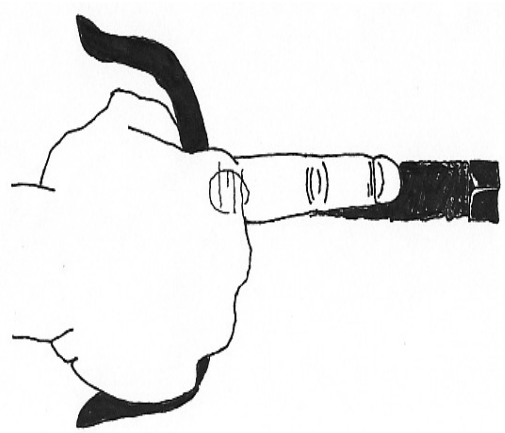
**Changing grips with the sai**
To move the sai into a downward position the index finger must press the sai forward while the thumb
Wraps and hooks under the mettle armatures. Now the sai is a dangerous clubbing weapon

**The Ninja Sai**
The small pitchfork

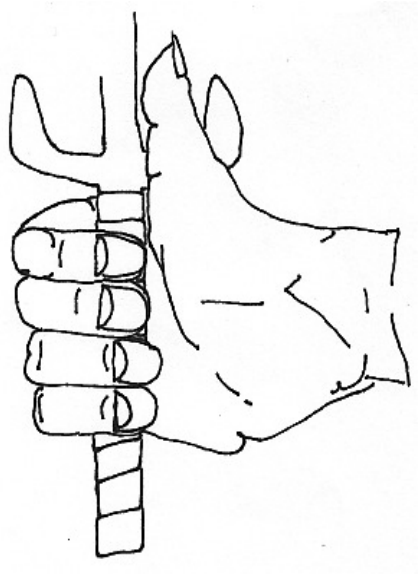
**The Ninja Sai**
The origins of the sai come from the Okinawa small hand held pitchfork, nearly all real sai are colored black because the original sai
Were made from iron and never chrome plated like you see today!
The very first ninja sai were made out of bamboo because that was the most common building material at the time
One sai may be used to catch and block a weapon like a shield while the second sai is used to strike your opponent
Sometimes a ninja may carry a third sai to be used as a throwing weapon

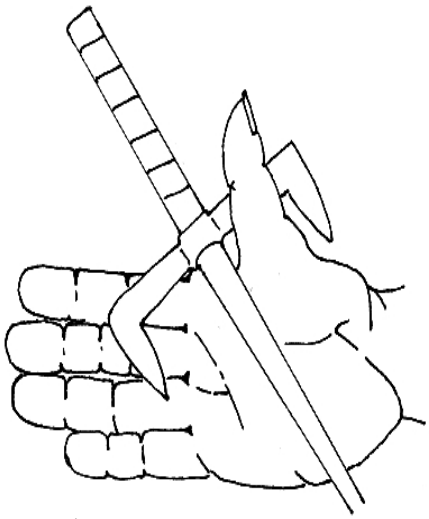
**How to hold the sai**
The sai is held on the griping area in back of the sai underneath the trident blades
The thumb is always placed just below the middle and largest tong where the handle meets the sai
When the sai is held in the reverse position such as when in the safe position or making a sai punch with the handls
The index finger should be on the side of the middle tong, this way the sai can be moved from any position rapidly

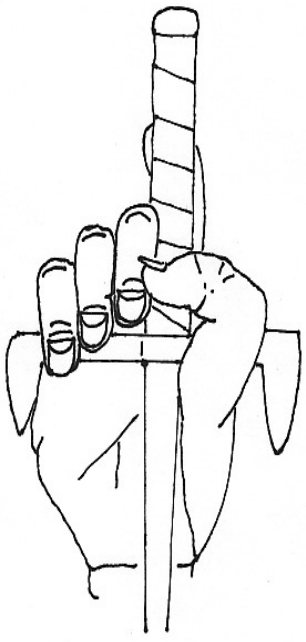




**Changing grips with the sai**
To move the sai into a downward position the index finger must press the sai forward while the thumb
Wraps and hooks under the mettle armatures. Now the sai is a dangerous clubbing weapon

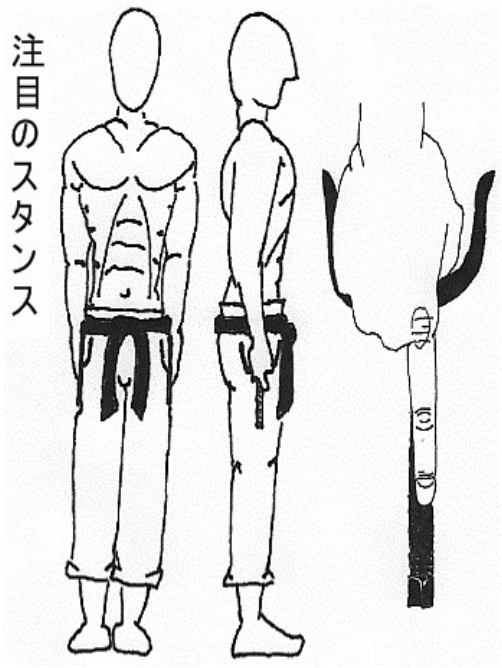






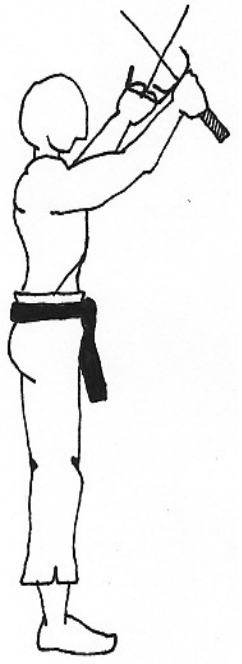
**The Ninja Sai**
The small pitchfork

**The Sai Attention Stance**
The student will stand straight with his hands
Down at his sided holding a Sai pointed downward

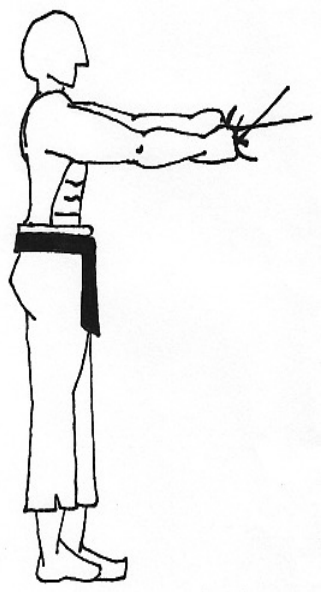



**The Sai Ready Stance**
The student will stand straight with his hands
At chest level holding a Sai

**Sai High Block**
The student will stand straight with his hands
In front of his chest at head level
Defense against Swords or Bo



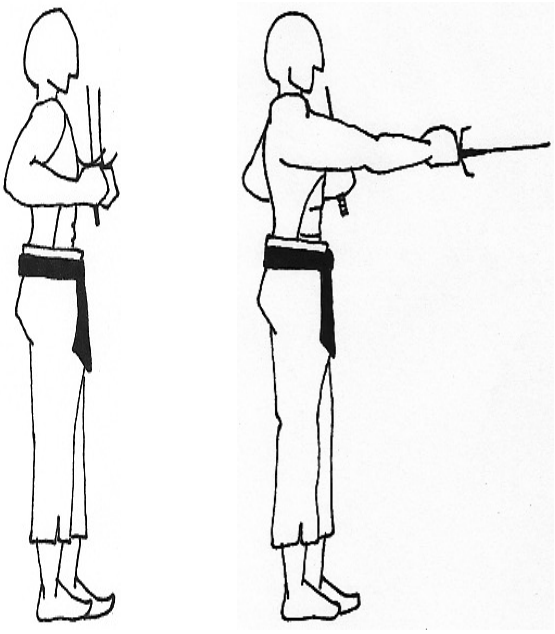
**Sai Middle Block**
The student will stand straight with his arms
completely outstretched in front
Defense against Swords or Punches



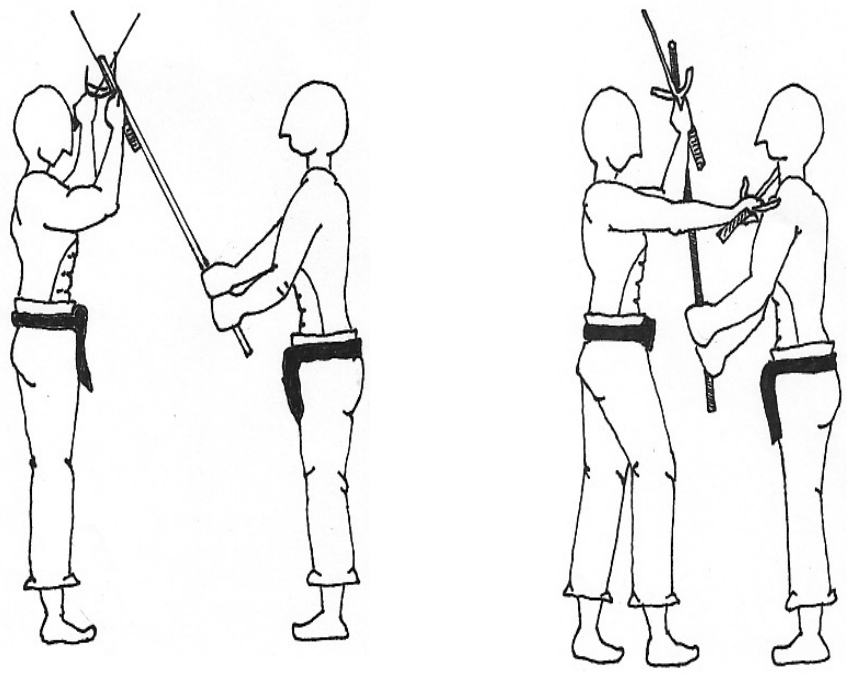
**Sai Low Block**
The student will stand straight with his arms
Outstretched, Hands at stomach level
Defense against low blows and kicks

**The Ninja Sai**
The small pitchfork

**Thrusting with the sai**
Traditionally the sai are used in pairs, one sai is used to block while the other sai is used to thrust and stab
The sai is primarily a stabbing weapon with three points
Step forward with your left foot and thrust with your left arm and drive the sai forward striking your opponent
For added strength to your blow twist your torso in the direction of your target

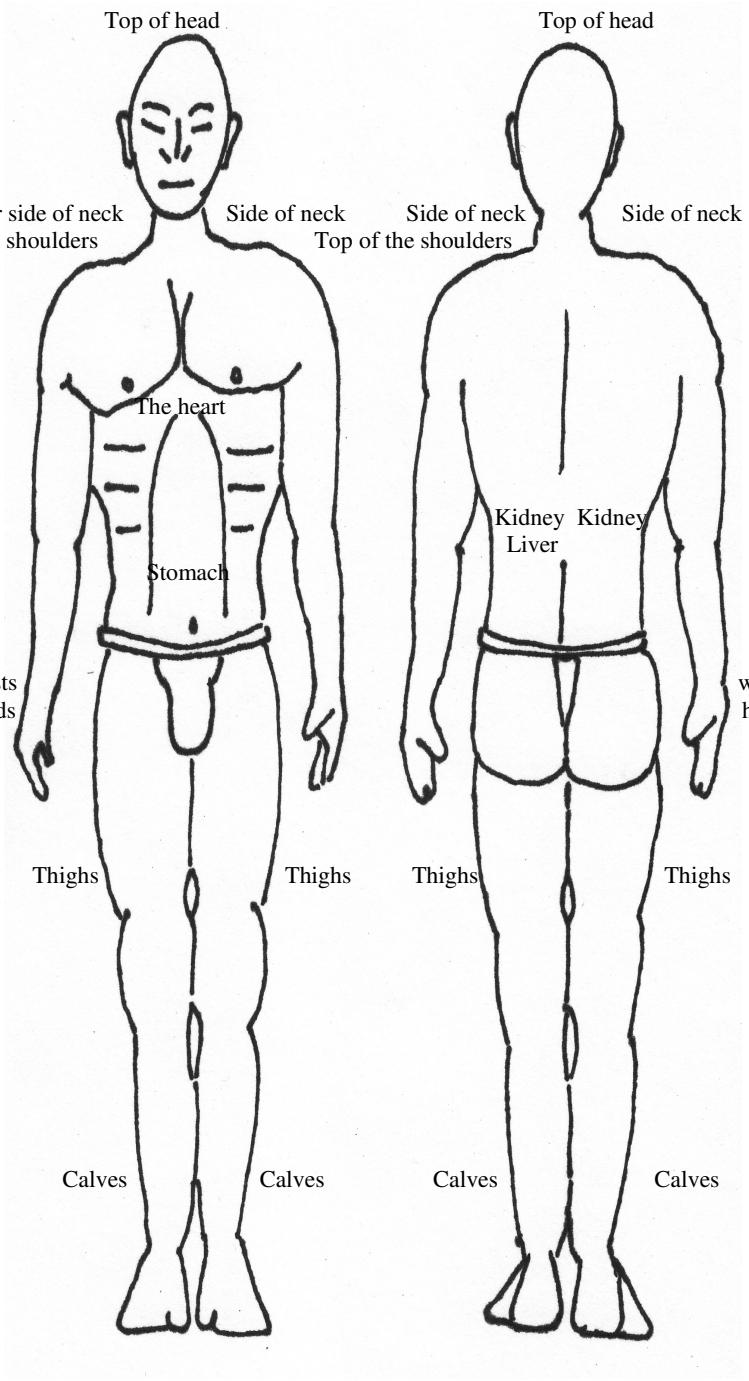


**Blocking and thrusting with the sai**
Traditionally the way to block with a sai is to catch the strike between the second and longest tong of the sai
Then raise or move the sai forward to trap your opponent's weapon in the first or third tong
Then strike with your other sai while your opponent's weapon is parried away
The sai is a weapon that is always used in pairs, whether being used as a shield or as a striking weapon



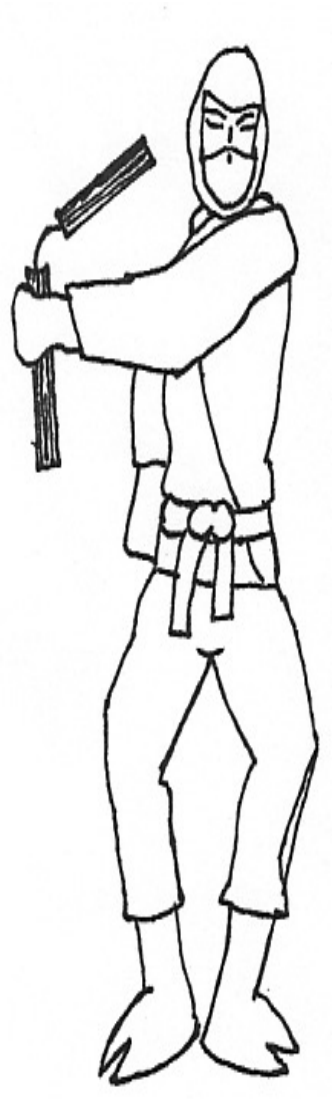
**The Ninja Sai**

Target areas with the sai



**Chapter 6**
**Ninja Green Belt Course**
グリーンベルト

グリーンベルト



**Green Belt Tai-Jutsu**

**Line Drill**

| | | |
|---|---|---|
| 1. Front Stomp or Heel Kick | 1. Left leopard punch | 1. Left low block |
| 2. Back Stomp or Heel Kick | 2. Right leopard punch | 2. Right low block |
| 3. Left Side Flying Kick | 3. Left backhand strike | 3. Left double forearm block |
| 4. Right Side Flying Kick | 4. Right backhand strike | 4. Right double forearm block |

**NOTE** The stomp kick is a front kick but toes are pulled backward and the striking surface is the heel of the foot

**Karate Stances**

1. The sitting stance
2. The relaxed stance
3. The attention stance
4. The ready stance
5. The L or R middle stance
6. The L or R back stance
7. The L or R front stance

**The Green Belt Form**

Starting from the attention stance
1. Left low block
2. Assume the left front stance / perform a left leopard punch
3. Left knife hand low block
4. Right inside stomp kick
5. Right leopard punch

6. Take 2 steps forward Assume the right back stance / Right low block
7. Left jump kick
8. Left backhand strike
9. Left knife hand low block

10. Right jump kick
11. Take 1 step backward and assume the right middle stance / Right backhand strike
12. Right knife hand low block
13. Left inside stomp kick
14. Take 2 steps forward and assume the right forward stance
15. Perform a right leopard punch

16. Take two steps to the left and assume the left front stance
17. Left jump kick
18. Take one step to the right and perform a right jump kick
19. Assume the left back stance / Right knife hand low block
20. Left inside stomp kick

**Ninja Special Skills**

Ninja Silent Crawling Technique (The Dragon Step)

**Ninja Weapons Technique**

The Nunchaku

**Ninjitsu line drill (Kunren)**

1. Forward backhand strike
2. X-Block
3. Front sidekick
4. Spinning back hand strike
5. Knife hand X- Block
6. Turning sidekick
7. Low block

**Two Step Sparring**

1. Forward back hand strike
2. Front sidekick
3. Spinning back hand strike
4. Turning sidekick

At this stage the Ninja student may begin sparring with other students

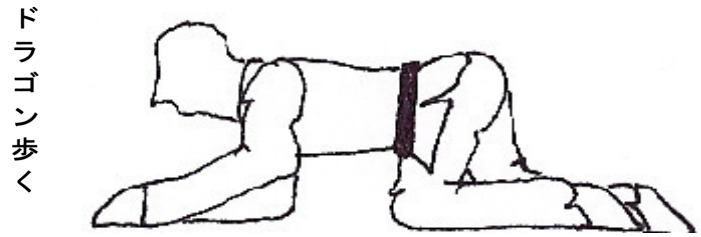
**Green Belt Shinobi-Iri**
Kage aruki-jutsu
**Ninja Silent Crawling Technique**

As a ninja you are trained to hide and conceal yourself by blending in with your natural surroundings
It's always comforting for a ninja to walk to your objective while hidden behind a wall of trees or greenery
But there are times when you just don't have the luxury of cover when you travel to your objective

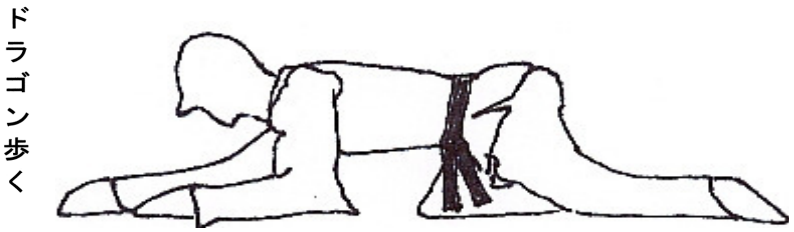
Imagine having to enter a building in broad daylight in the middle of an open field visible to everybody
No trees to hide behind and no shadows to use as cover
Hundreds of feet of short grassland and chaparral greenery stand between you and your objective.
There is only one thing you can do! You must crawl on the ground all the way to your objective without being seen!
For the ninja there are two different types crawling. The first is the dragon step, and the second is the serpent step.
The first technique, the dragon step is faster and easier to do. But not as stealthy is the serpent step

**The dragon step**
You are simply crawling on your hands and knees like you did before you learned how to walk upright like an adult
Your torso is only three or four inches above the ground
After taking some three hundred or so crawling steps forward. Stop and listen for any signs of trouble
And if you detect danger you may quickly move your arms and legs outward and press your body to the ground!

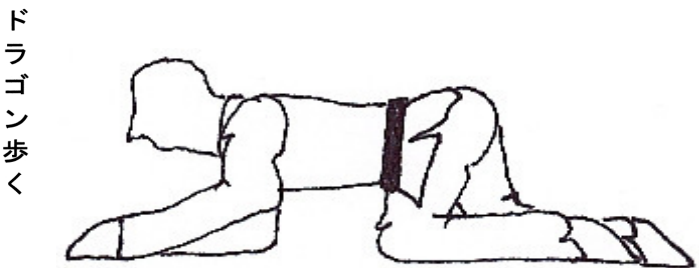
1. Start by lying on the ground and placing all of your weight on your hands and knees
2. Bring your right knee up a little and pull it forward and place it on the ground
3. At the same time pick up your left hand on the opposite side of your torso and place it forward




3. Next complete the cycle by moving your left knee forward in front of your right leg




4. Now begin the next cycle by picking up your right hand and placing it forward of your left hand




The dragon step is useful in approaching a destination unseen without any place to hide or take cover
This is also true when crawling along the side of a house and avoiding traveling in front of a window
All snakes stalk their prey by crawling on their stomachs and nobody denies that a snake is an excellent hunter

Every so often stop for a moment and listen for sounds of the unwary approach of others
And then quickly raise your head up and look for signs of guards or other possible forms of interference
The very idea is to crawl forward while staying as close to the ground as possible to avoid being seen
But by no means ever take your hands off the ground or take any steps upright while using this stealthy technique

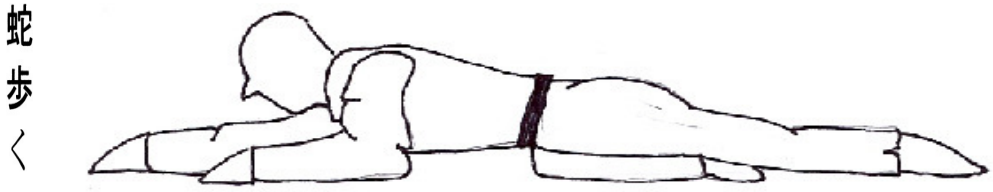
**Green Belt Shinobi-Iri**
Kage aruki-jutsu
**Ninja Silent Crawling Technique**

As you have read before an important part of traveling quietly without being seen is to crawl on the ground
In order to arrive at your destination

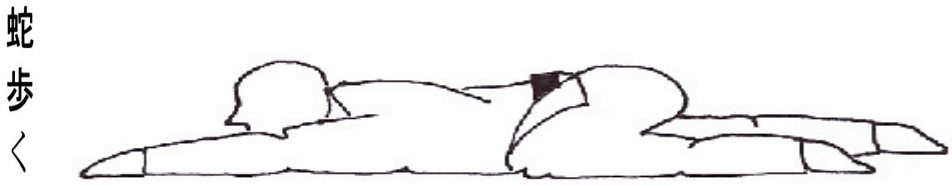
**The serpent step**
You are crawling on the palms of your hands and sides of your knees but your body is always touching the ground
Your torso and stomach is always in contact with the ground, like a snake crawling through the grass
After taking some three hundred crawling steps forward stop and listen for signs of trouble!
And if you detect danger you may quickly move your arms and legs outward and press your body to the ground!

1. Start by lying on the ground and placing all of your weight on your hands and knees
2. Slide your right knee up a little and pull it forward and place it on the ground
3. At the same time pick up your left hand on the opposite side of your torso and slide it forward

4. Next begin the next cycle by sliding your left knee forward in front of your right leg
5. Now complete the cycle by picking up your right hand and sliding it forward of your left hand




6. Next begin the next cycle by sliding your left knee forward in front of your right leg
7. Now complete the cycle by picking up your right hand and sliding it forward of your left hand




Every so often stop for a moment and listen for the sounds of the unwary approach of others
And then quickly raise your head up and look for signs of guards or other possible forms of interference
The very idea is to travel while staying as close to the ground as possible to avoid being seen.
But by no means ever take your hands off the ground or take any steps upright while using this stealthy technique

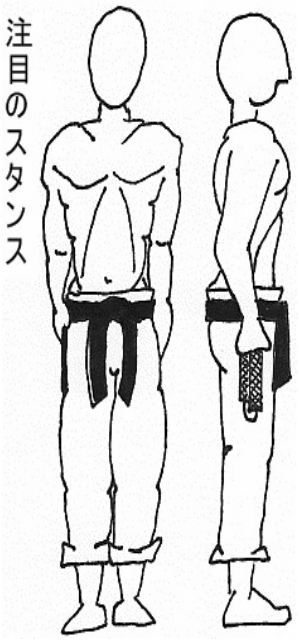
**Green Belt Buki-Jutsu**
Basic Nunchaku

**Basic Nunchaku**

The nunchaku attention stance

**The Nunchaku Attention Stance**

Hold the pair of nunchaku in your left hand
With both arms downward your legs must be straight
and your feet will be in a “V” formation with both heels touching

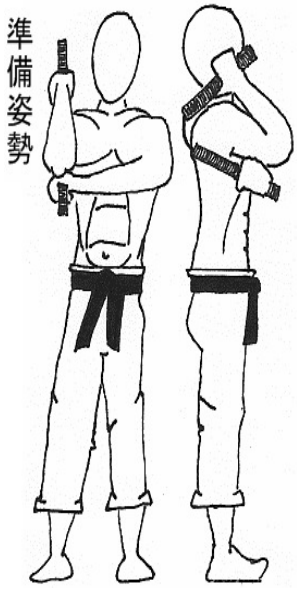



**The nunchaku ready stance**

Hold the pair of nunchaku in front of your chest, arms outstretched
with a stick in each hand held halfway along its length.
Your hands and arms should be shoulder width apart
Your front foot should be two feet in front of your body
Your knees should bend over your feet and your torso should crouch over

**The nunchaku ready stance**

Your pelvis protecting your groin, your front foot must point to the side angling your heel out slightly
The behind the shoulder ready position (Most common stance with nunchaku’s)
While holding both sticks rotate and bend your right arm across your chest So that your right hand almost touches
Your left shoulder, Try to get the nunchaku into a “V” formation behind your left shoulder pointing behind you



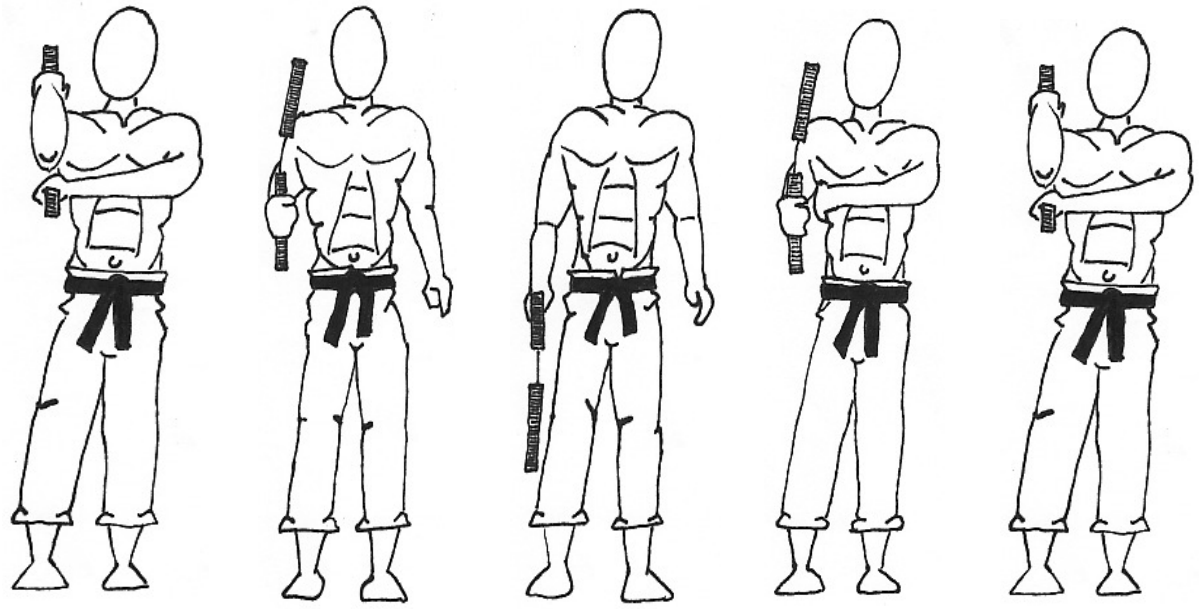
**Basic Nunchaku**

Learning to control the nunchaku

Release the nunchaku from your right hand and fully outstretch your left arm, so that the nunchaku is swinging
In a downward circular motion, Just as the nunchaku reaches the bottom of the strike. Twist your wrist upwards again directly
So that the free stick returns behind you're left shoulder using the same path as before but in reverse.

**SPECIAL NOTE**

(Make sure that this movement is in a straight upward motion over your shoulder or you will hit yourself in the head)
You can either catch the free stick in your right hand or trap it under your left armpit.
Make sure that the nunchaku travels in a straight downward motion along the side of your left arm

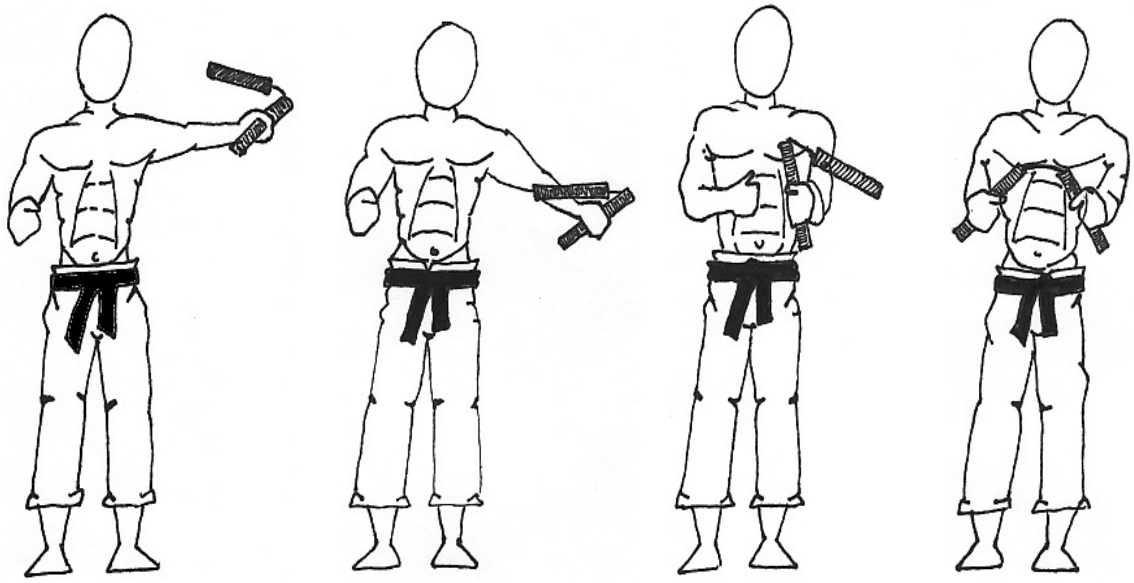


**The catch**

After you have completed a strike with the nunchaku it will be necessary to regain control of the free end.
After a strike! the nunchaku will be swinging out of control. Recovering the free end of a nunchaku is called a catch
This move is used to rid the nunchaku of all unwanted movements and regain control of the weapon
After a strike is made by wrist and arm action, to control the weapon and return it into a position for a second strike.

**The side catch**

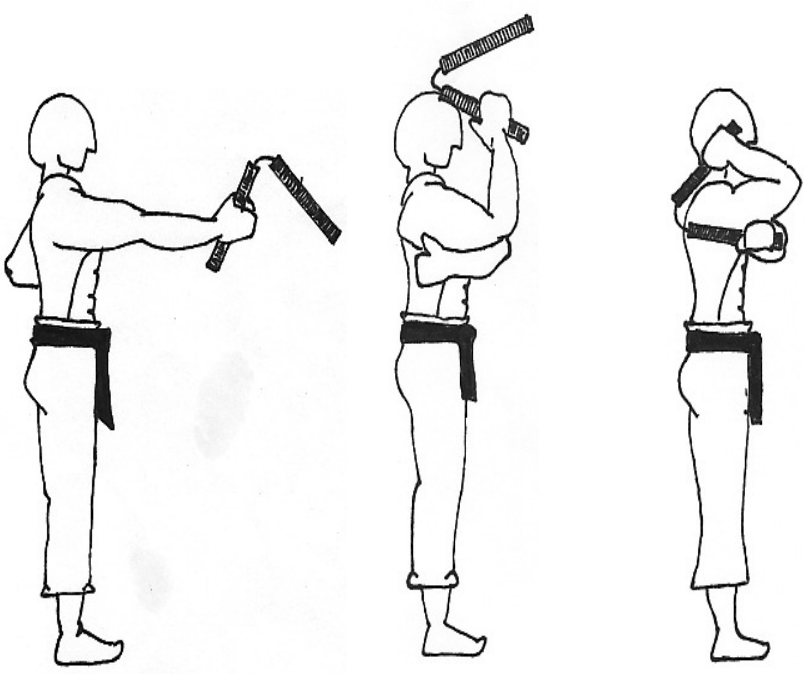
When the nunchaku is returning from a horizontal strike you may catch it with the opposite hand providing you allow the stick to slow down
This is done be jerking the nunchaku downward slightly thus slowing down the free ends momentum then slowly bringing your arm back
Simply outstretch the retrieving arm across your chest and seize the stick as it travels back



**Basic Nunchaku**

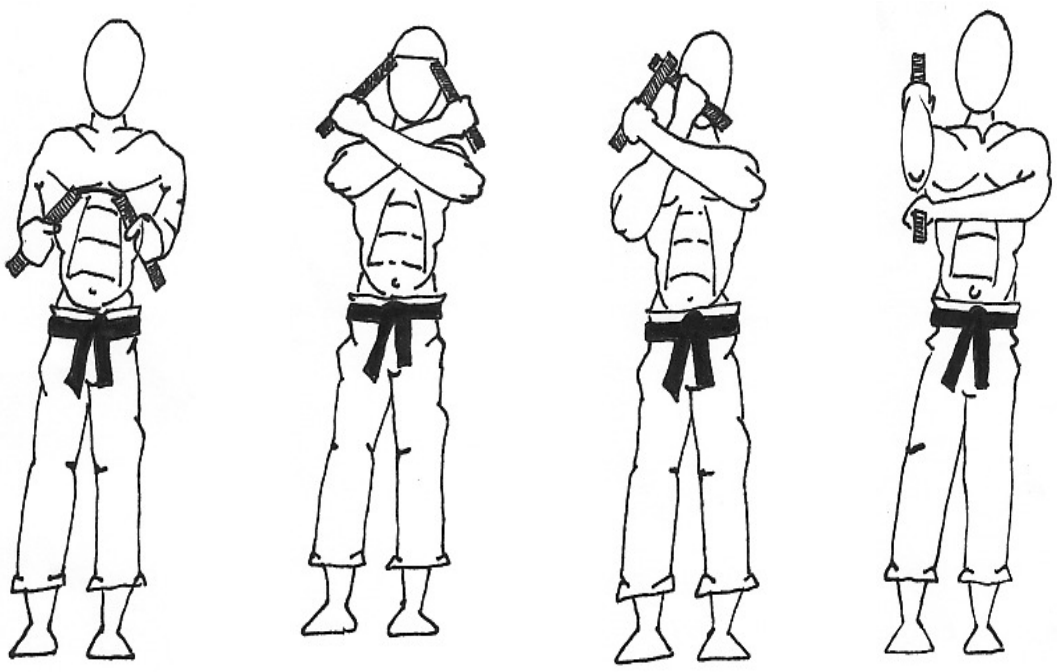
**The behind the arm catch**

As the nunchaku returns over your right shoulder they will be heading diagonally over your back to your arm.
Slip your left hand under your right armpit behind your back and catch the free nunchaku as it falls into your hand.
Once you have caught the nunchaku they will be already positioned for another strike.
Changing hands or arms with the nunchaku
Beginning from the basic nunchaku stance you will be able to switch the nunchaku from hand to hand and side to side.
If you are starting with the nunchaku behind your right shoulder you can change to behind your left shoulder
by pivoting the nunchaku in a circular arc in front of your chest and rotating your arms and changing hand positions
From lower to upper under your left armpit all this is done while still holding each end of the nunchaku



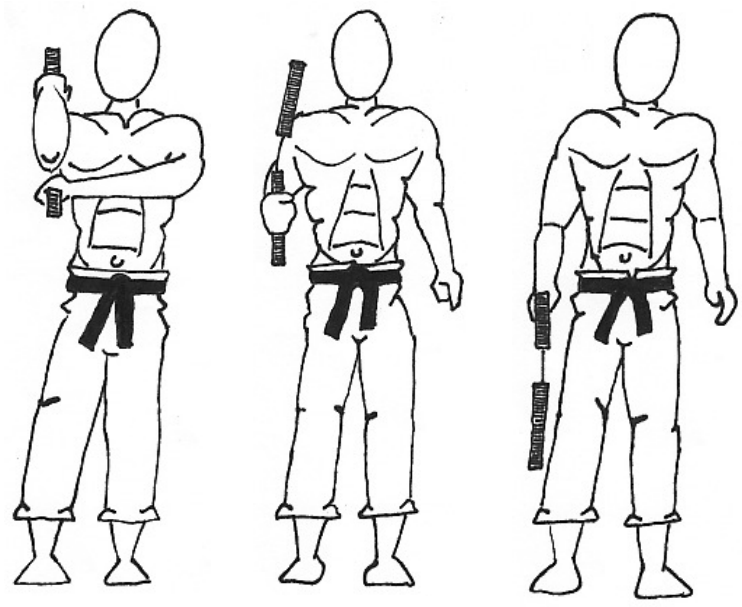
**Re positioning for a second strike**

Once the nunchaku has been captured properly you must then re-position it for another strike from whatever position
It is in now if supposing the nunchaku is in the basic striking position (A"V"formation behind your left arm)
You have the option of making a downward strike or even an across the torso strike.
You may even make an upward strike by releasing the left hand (The upper hand holding a nunchaku stick)
And making an upward arcing motion thus completing the strike.

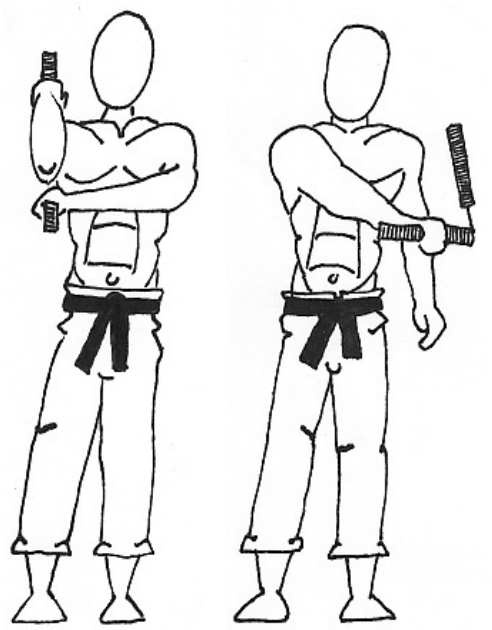


**Basic Nunchaku**

**The front strike**
Starting from the basic nunchaku stance with the nunchaku behind the left shoulder
Release the nunchaku from your bottom hand (you're right or lower hand)
And bring the nunchaku over your left shoulder. Swing your right arm downward over your chest

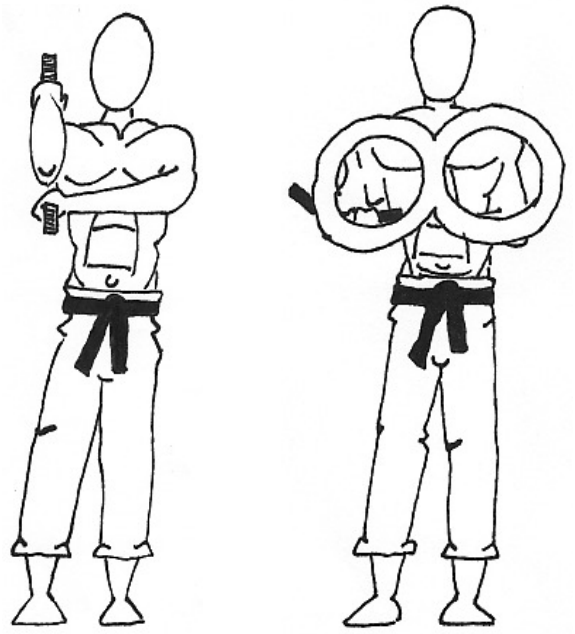


**The across the torso strike**
Again starting from the basic nunchaku stance it is possible to strike diagonally downwards across the body
With the nunchaku behind the left shoulder, release the nunchaku from your bottom hand (you're right or lower hand)
And bring the nunchaku over your left shoulder. Swing your right arm diagonally and downwards across your body
At the same time twist your torso in the direction of the strike

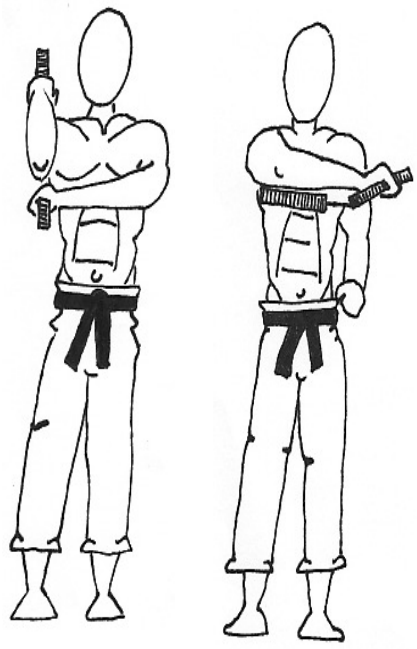


**Basic Nunchaku**

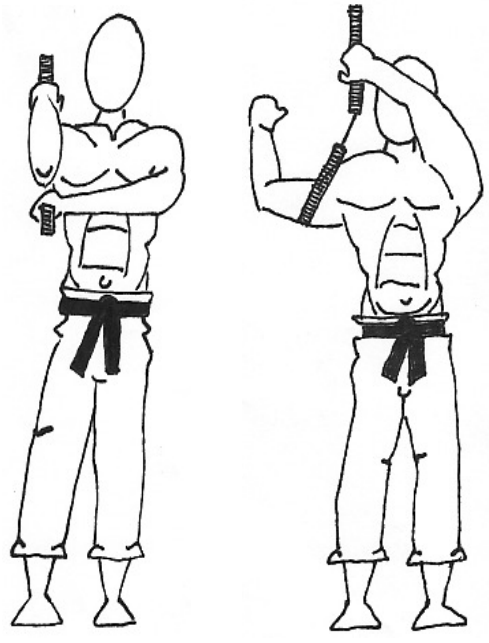
**The upper torso strike**
Starting from the basic Nunchaku stance swing the Nunchaku diagonally down and across your body with your left hand like an ice skater
Performing a figure-8. Once the free end has traveled a small distance across your body
Use your left wrist and elbow to bring the free stick back upward past the right side of your body
(Not strait up or you will hit your head)
Now swing the Nunchaku diagonally downwards from the high left position to a low right position.
From here you can swing the free stick back over again and start again from the diagonal strike across the body.
This movement requires a lot of wrist action. But allows great speed with little arm movement



**The side torso strike**
Starting from the basic nunchaku stance, release your right hand
(Your lower hand under your left arm)
And swing the nunchaku to the right, horizontally
Downward across your upper torso
Twisting your torso in the direction of your strike

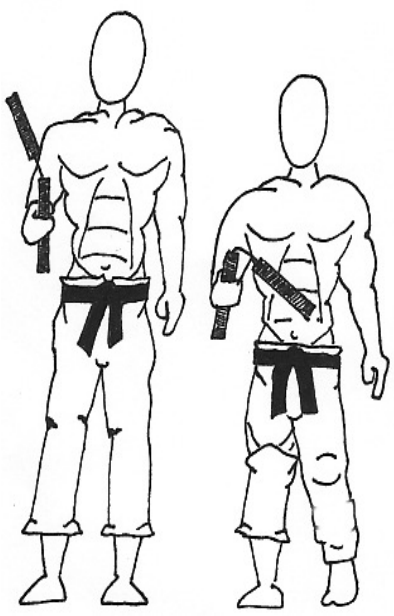


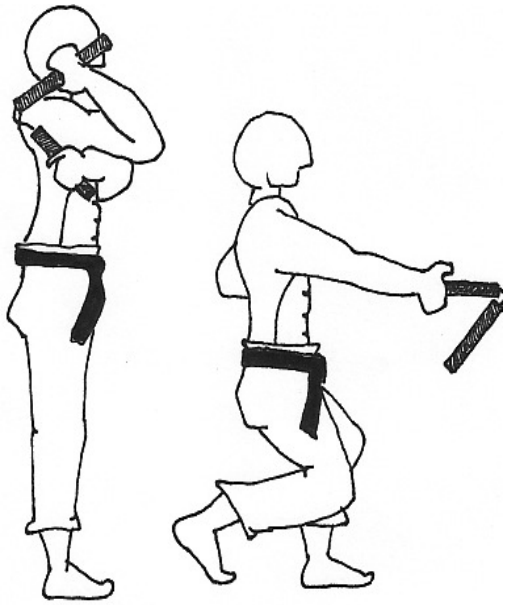
**The upwards strike**
Starting from the basic nunchaku stance, bring both arms downward
and release the nunchaku from your right hand.
Raise your left hand upwards and swing the right nunchaku
upwards in a right arc toward your target



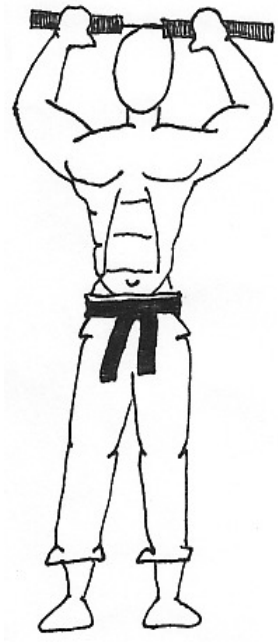
**Basic Nunchaku**

**The Low strike (A.K.A. the elevator strike)**
Starting from the basic nunchaku stance, release your right hand. (Your lower hand under your left arm)
And swing the nunchaku to the right horizontally across your upper torso. While you are doing this perform the down
Perry (Lower your knees or squat down) This strike is primarily used against your opponent's thighs or shin
You may then straighten your legs up again and strike at the upper part of your opponent's body.





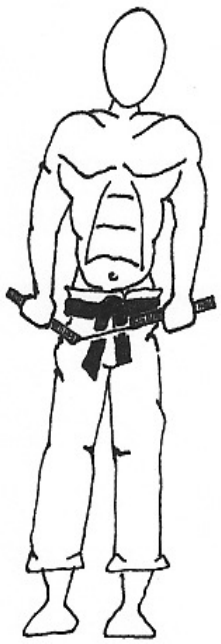
**The horizontal high block**
The nunchaku is held outstretched above and in front of the head
Providing protection from downward strikes



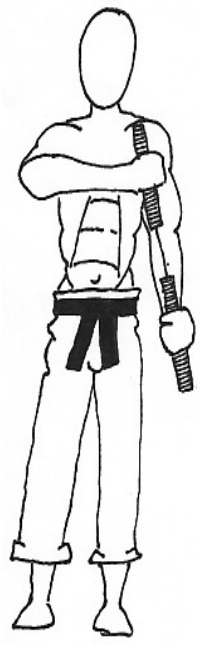
**The horizontal middle block**
the nunchaku is held outstretched fully in front of the chest
providing protection from downward strikes

**Basic Nunchaku**

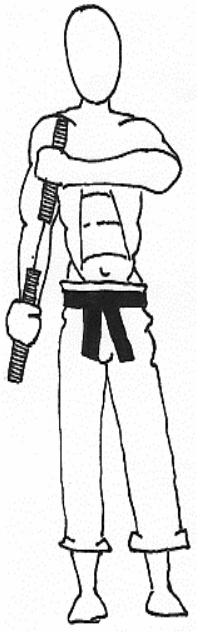
**The front low block**
The nunchaku is outstretched fully and held down
3 inches in front of the lower stomach
Providing protection from upward strikes



**The left vertical block**
The nunchaku is held at an angle with the Right hand holding
A nuknchaku stick high over the left side of the chest
And the left hand is holding a nunchaku stick low over the left side of the torso Providing protection from frontal side strikes

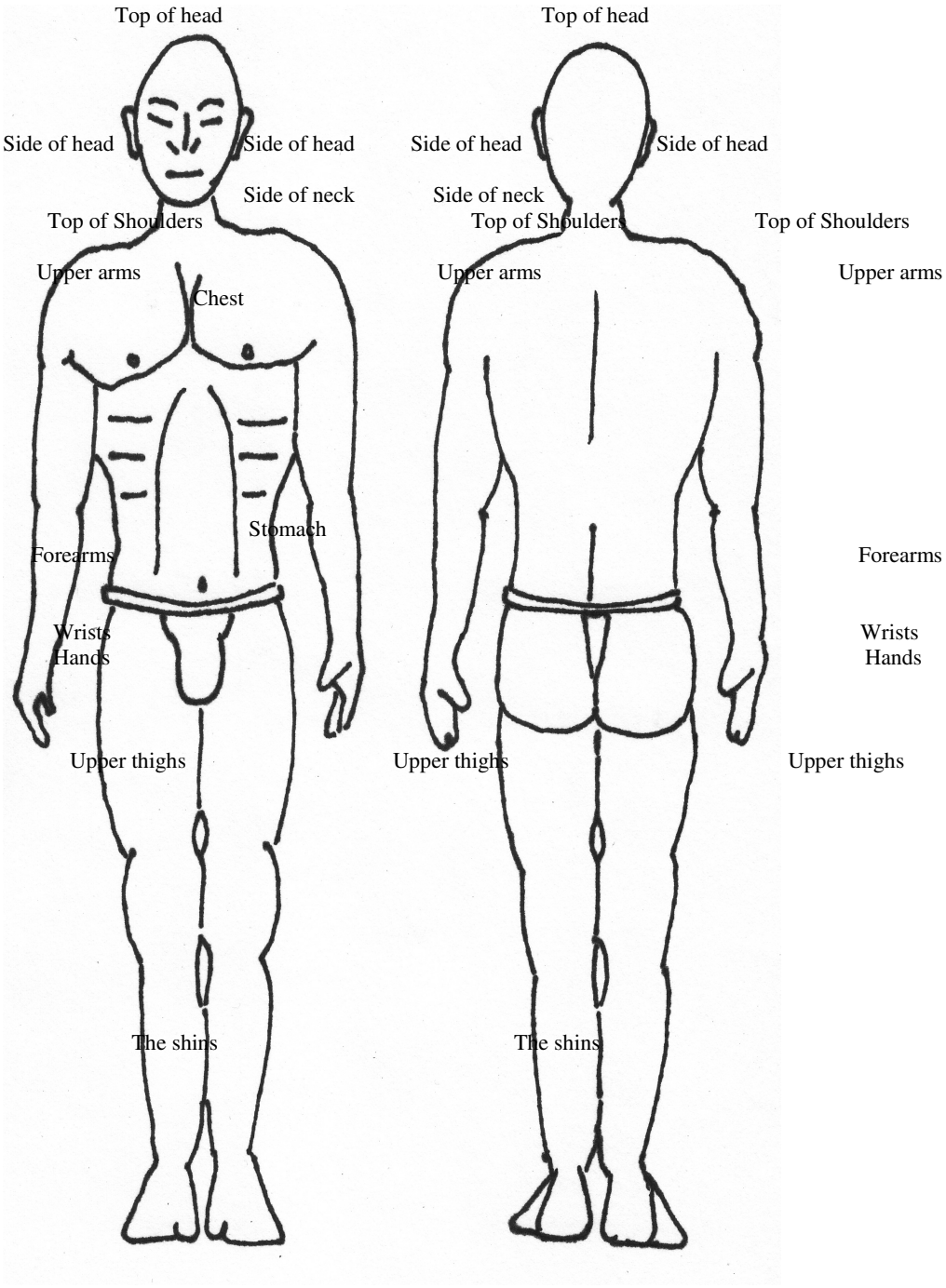


**The right vertical block**
The nunchaku is held at an angle with the Left hand holding
a nuknchaku Stick high over the Right side of the chest
and the Right hand is holding A nunchaku stick low over the left side of the torso  Providing protection from right side strikes



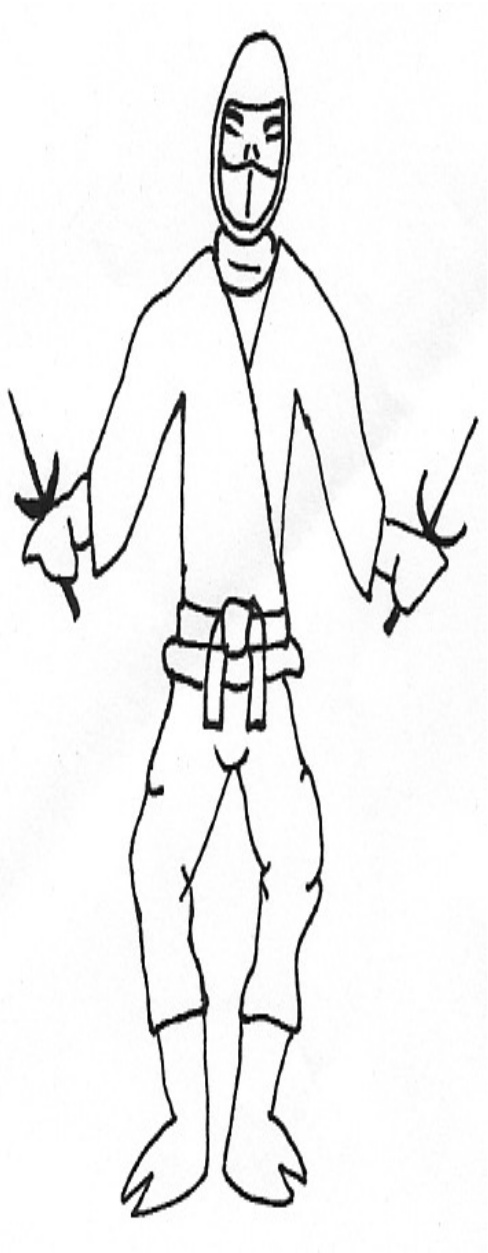
**Basic Nunchaku**

Striking targets for the nunchaku



**Chapter 7**
**Ninja Red Belt Course**
赤いベルト

茶帯



**Red Belt Tai-Jutsu**

**Line Drill**

| | | |
|---|---|---|
| 1. Left flying kick | 1. Left ridge hand strike | 1. Left knife hand low block |
| 2. Right flying kick | 2. Right ridge hand strike | 2. Right knife hand low block |
| 3. Left Scrape kick | 3. Forward elbow strike | 3. Left knife hand double forearm block |
| 4. Right Scrape kick | 4. Spinning elbow strike | 4. Right knife hand double forearm block |

**NOTE** The scrape kick is a downward stomping motion using the outside blade of the feet to scrape an opponents shins Possibly striking then ankles and stomping on the top of the feet

**Karate Stances**

1. The sitting stance
2. The relaxed stance
3. The attention stance
4. The ready stance
5. The L or R middle stance
6. The L or R back stance
7. The L or R front stance

**The Red Belt Form**

Starting from the attention stance
1. Left double knife hand forearm block
2. Assume the right front stance / Right palm heal strike
3. Left ridge hand strike
4. Take 1 right step forward and perform a left flying kick
5. Land in the left middle stance / Perform a left knife hand double forearm block

6. Turn around 180 / Perform a right forward right elbow strike
7. Perform a left back stance
8. Left knife hand low block
9. Perform a right middle stance
10. Right scrape kick (To opponents shin)

11. Right knife hand double forearm block
12. Right spinning elbow strike
13. Right back stance / Right knife hand low block
14. Right flying kick
15. Assume the left middle stance / Left scrape kick (To opponents shin)

16. Take 1 step forward and assume the left front stance
17. Perform the left forward elbow strike
18. Perform the left knife hand double forearm block
19. Take a right step forward and perform a right ridge hand strike
20. Return to the left middle stance and the left knife hand double forearm block

**Ninja Weapons Technique**

The Kama (The Sickle)

**Ninja Special Skills**

Ninja silent running technique (The Ghost Horse)

**Two Step Sparring**

1. Front ridge hand strike
2. Front stamp kick
3. Turning ridge hand strike
4. Turning stamp kick

At this stage the Ninja student may begin sparring with other students

**Red Belt Shinobi-Iri**
Hofuku Jutsu
Ninja Silent Running Technique

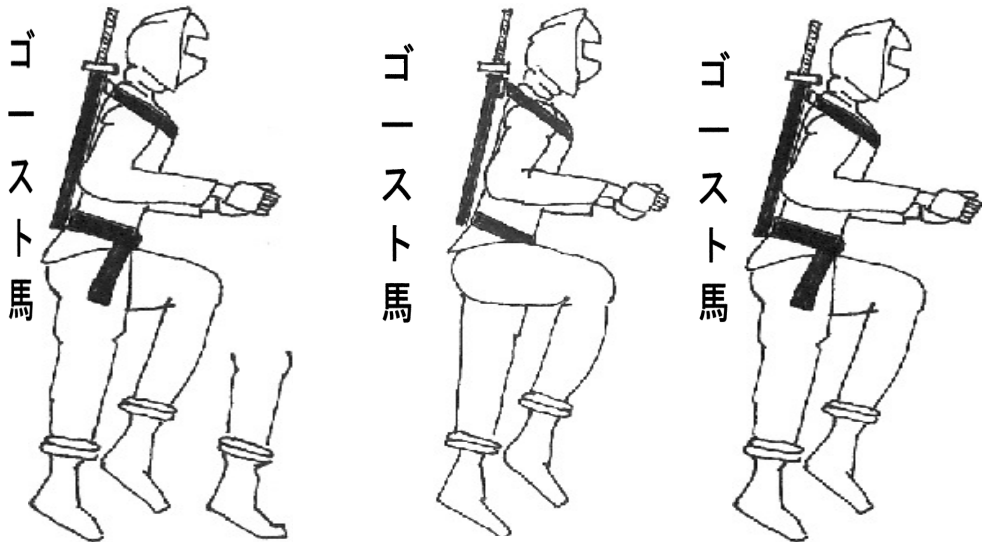
As a ninja you are trained to hide and disguise yourself by blending in with your natural surroundings
This is the only true ninja method of attaining invisibility!
But there are times when you don't have the luxury of time or any cover at all for your mission
Consider having to escape past a guardhouse full of enemy soldiers at night
No trees to hide behind or shadows to use as cover; if they hear your footsteps they will know of your approach
Just three hundred feet or more of open barren land stands between you and the safety of the woods.

There is only one thing you can do!
You must run past your enemies as quietly as possible before they see you!
You begin by running as anyone else would, planning to avoid any area that might make noise when tread upon
Avoiding gravel, tree limbs and dried leaves and foliage on the ground

**The ghost horse**
For the ghost horse you are running as anyone else would. But you are landing on the front balls of your feet
The front part of the arch of your foot hits the ground and your toes instantly later
Your entire foot doesn't touch the ground and you are literally running as a horse runs on its hoofs.

Possibly the easiest explanation of this technique is running tiptoe bringing your knees up high while you run
An important safety feature is keeping your arms folded in front of your chest as you run forward
This will help you if you trip and fall

For the ghost horse you are running on the toes and balls of front part of your feet only! and not on the whole foot
1. Begin by running forward as fast as you comfortably can without straining too much
2. As you run along lift your knees up high as you can with each step
3. Place the front ball of your foot on the ground and roll the foot forward as you run
4. Use this foot to propel yourself forward and bring down your other knee as before

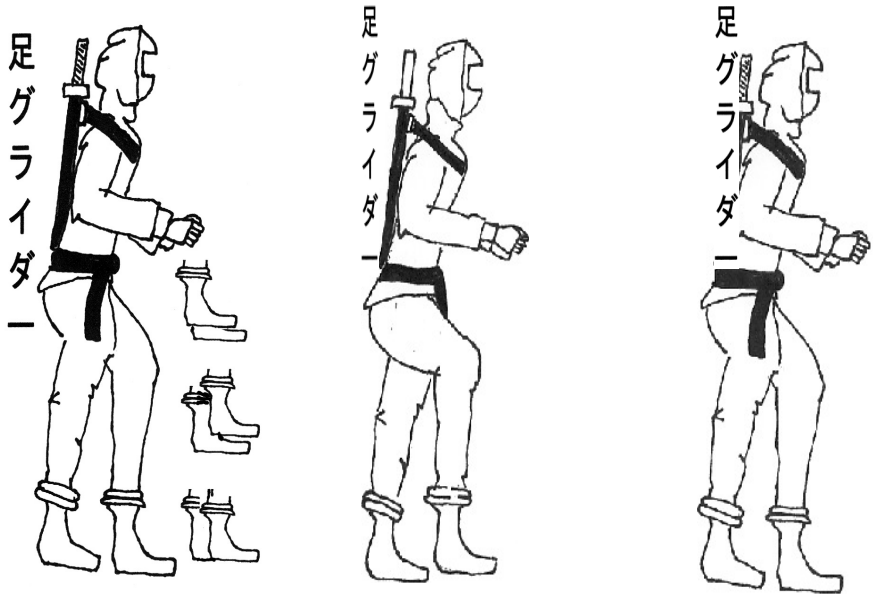



You are only placing one third of your foot on the ground and reducing the noise you make by three quarters
The top of your foot lands on the ground and you may use it to spring forward!

**Red Belt Shinobi-Iri**
Himitsu Jutsu
Ninja Silent Running Technique

**The gliding foot**
The gliding foot is a way to travel quickly and silently but it is not as fast as ordinary running
The gliding foot is appropriate for rapidly crossing an open area quietly when there is a danger of being seen

For the gliding foot you are running and stepping on the front part of your foot
1. Begin by running forward as fast as you can
2. Bring your foot straight upwards only 6 to 12 inches above the ground
3. Thrust your foot two feet forward in a straight line above the ground without making an arcing motion
4. Bring the foot down in a straight mechanical motion, once again placing the entire foot on the ground at once




For the gliding foot you are running and stepping on the front part of your foot
1. Begin by running forward as fast as you can
2. Bring your foot straight upward 8 to 12 inches above the ground
3. Thrust your foot two feet forward in a straight line above the ground without making an arcing motion
4. Bring the foot down in a straight mechanical motion once again placing the entire foot on the ground at once

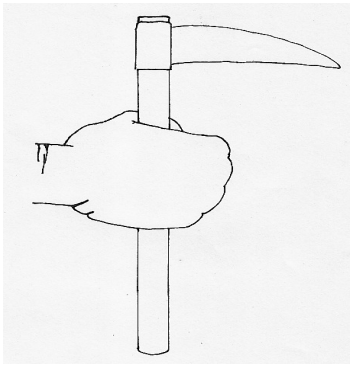
**Ninja Sickle**

# The Kama

**Kama**
Ninja Sickle

Holding the kama in your hand

**The direct grip**
The kama is held upright in your hand, Gripped ¾ down the length of its handle

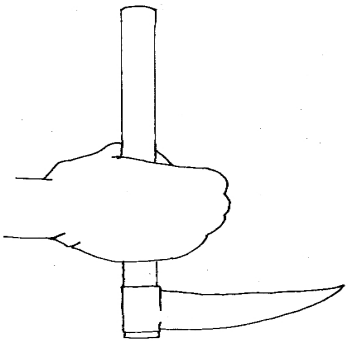


You can use the top of the blade as a shield

Always allow an opponents strike to travel down the length of
The handle to the blade to trap a strike

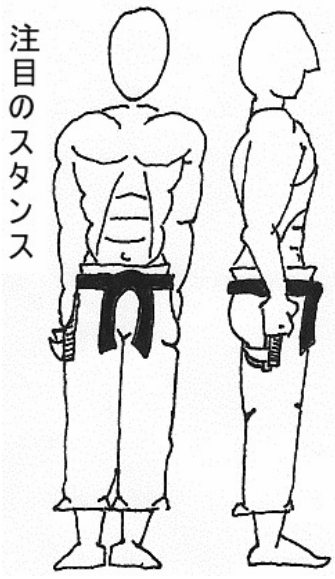
Always use two kama to trap or deflect a strike to protect against
The kama breaking

**The reverse grip**
The kama is held upside down, Gripped ¾ down the length of its handle
The handle is held along the distance of your forearm, So that the sickle blade is level with your elbow
Notice that the thumb is still on top



Always allow an opponents strike to travel down the length of
The handle to the blade to trap a strike

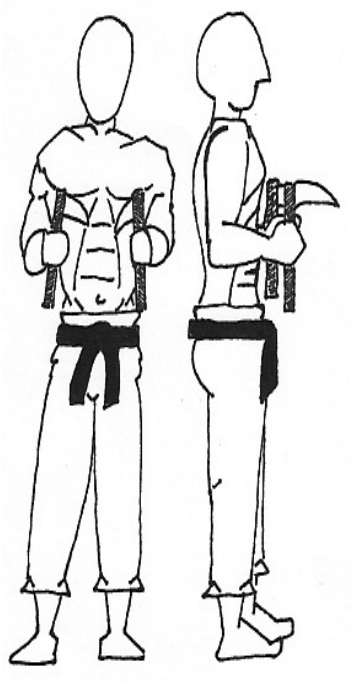
**The kama attention stance**
Hold both kama together in your left hand with both your arms at your sides,
You should hold both handles together in one hand Gripped ¾ down the length of its handles
Your feet should be in a “V” formation with your heels touching together.



**Kama**
Ninja Sickle

**Kama ready stance**
From the attention stance, grasp one kama with your right hand so that you have one kama in each hand
Now raise your forearms upwards so that your arms are bent and your hands are at shoulder height
And the blades of both kama are pointing straight ahead
And slide you legs apart so they are shoulder width apart with your knees slightly bent.

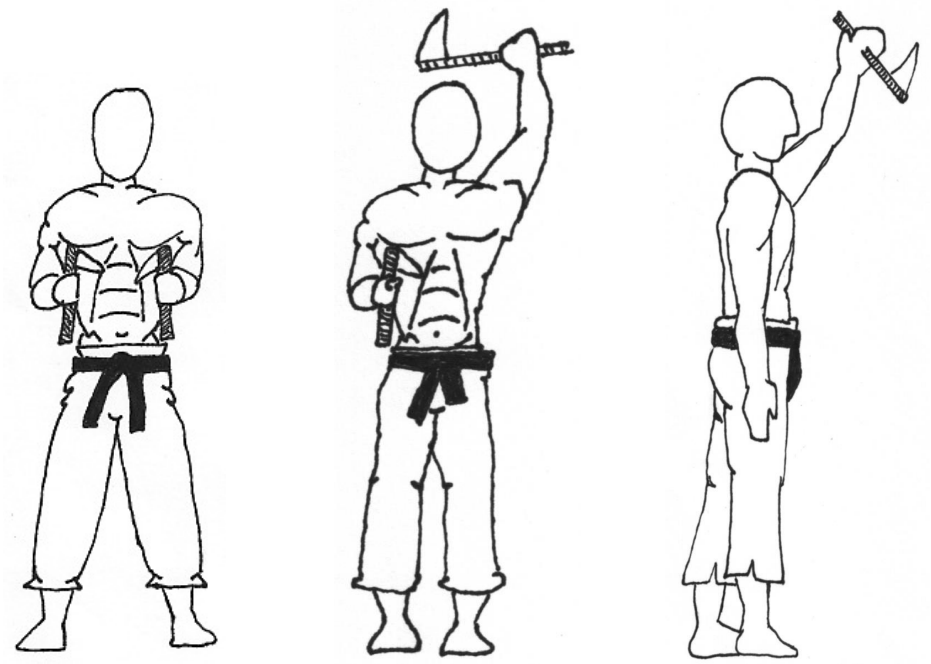
As with all martial arts weapons balance your weight between your legs And not forward or backward of your body
A sudden blow can jar a kama our of your hands and strike you accidentaly
While you are blocking a strike with a kama, move your body to the side away from the deflection and deliver a strike of your own
Whenever possible use two kama to block a strike, A sword can cut through one kama but not two together



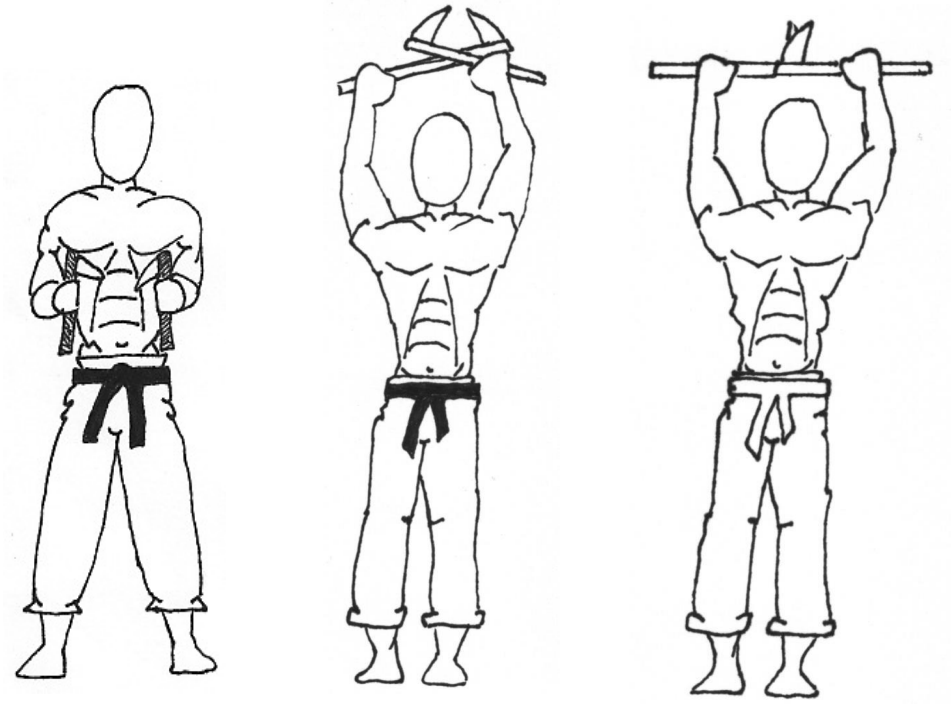
**Kama front ready stance**
From the attention or ready stance slide your left leg forward so that you are positioned sideways toward your opponent
Pivot both forearm's sideways close to your torso so your left arm is now a front arm pointing outward to the side
And your right hand is folded across your chest so both the kama blades are pointing towards your opponent.

**Kama**
Ninja Sickle

**The kama high block**
The kama high block is to deflect blows to the head by providing a kama directly in front of the head to block any blow
Or placing it in such a proxcimity to quickly brush away a blow
During a block always move your body to the side away from your kama in case it is
As with all weapons balance your weight between your legs And not forward or backward of your body
While you are blocking a strike with a kama, move your body to the side away from the deflection and deliver a strike of your own

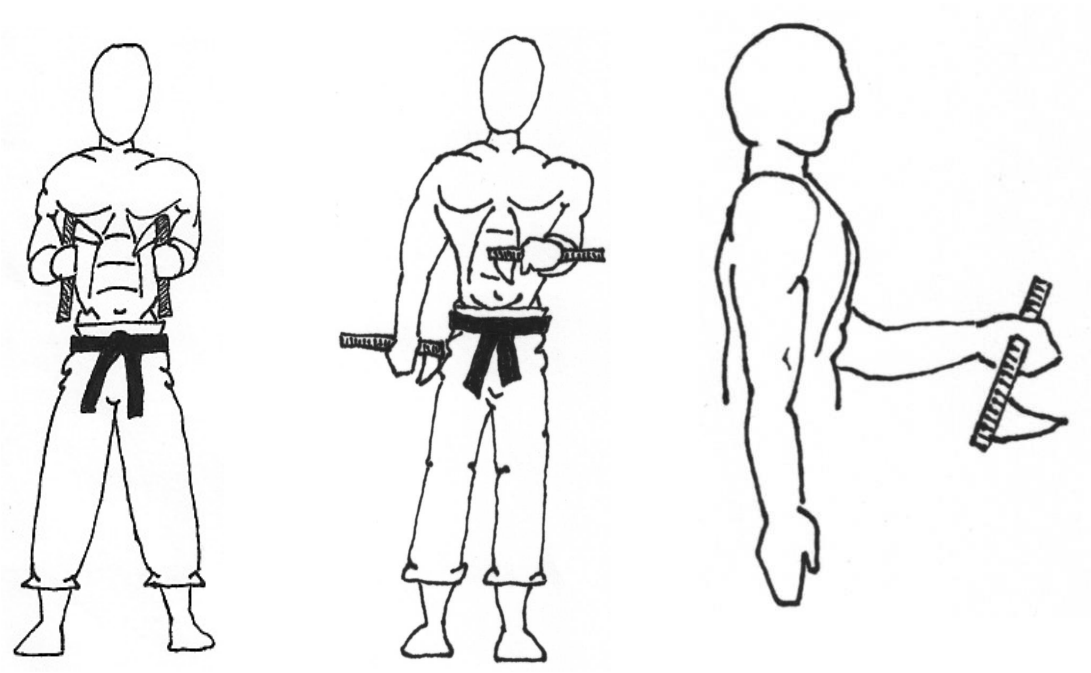


**The kama X or Cross block**
The kama cross block is both kamas over and in front of the head
Both kama's are side by side without the blades touching, When a sword or a bo comes in contact with the kamas
The karate ka slides his arms apart and traps the weapon in the blades of the two kamas
Whenever possible use two kama to block a strike, A sword can cut through one kama but not two together

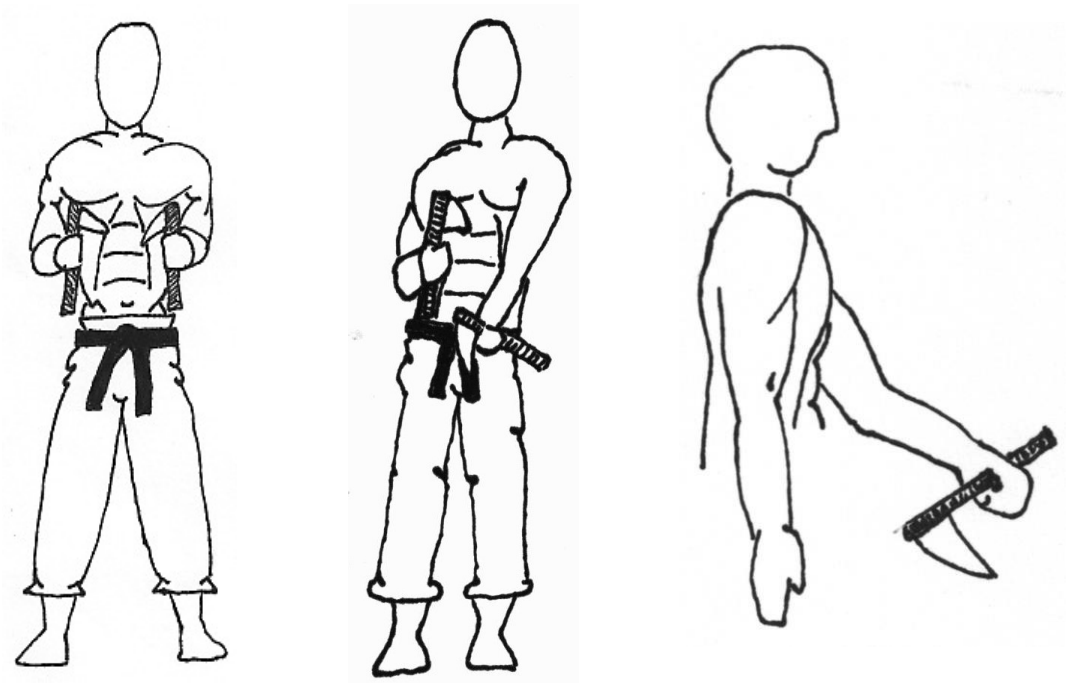


**Kama**
Ninja Sickle

**The kama middle block**
The kama middle block is a single kama held directly arm outstreatched in front of the body
It is used to deflect a multitude of blows such as high blows, middle blows, low blows or even upward moving strikes



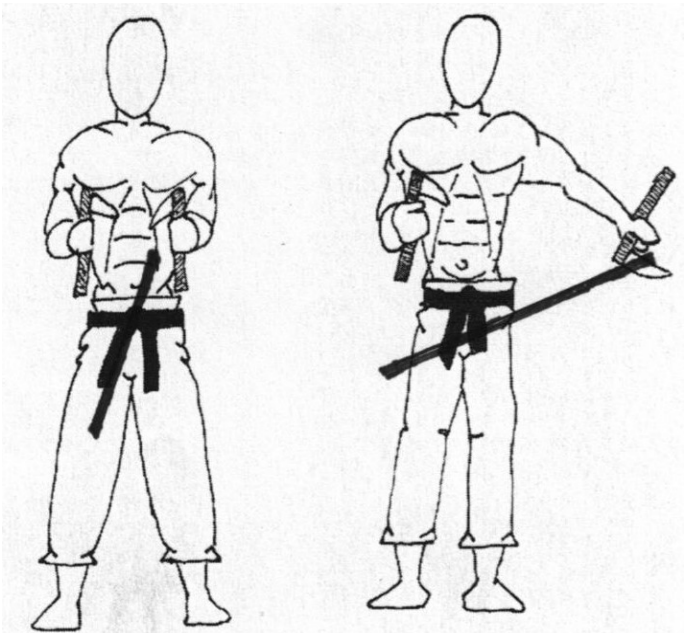
**The kama low block**
The kama low block is a single kama held directly arm outstreatched low in front of the body
It is used to trap or deflect low blows or even upward moving strikes



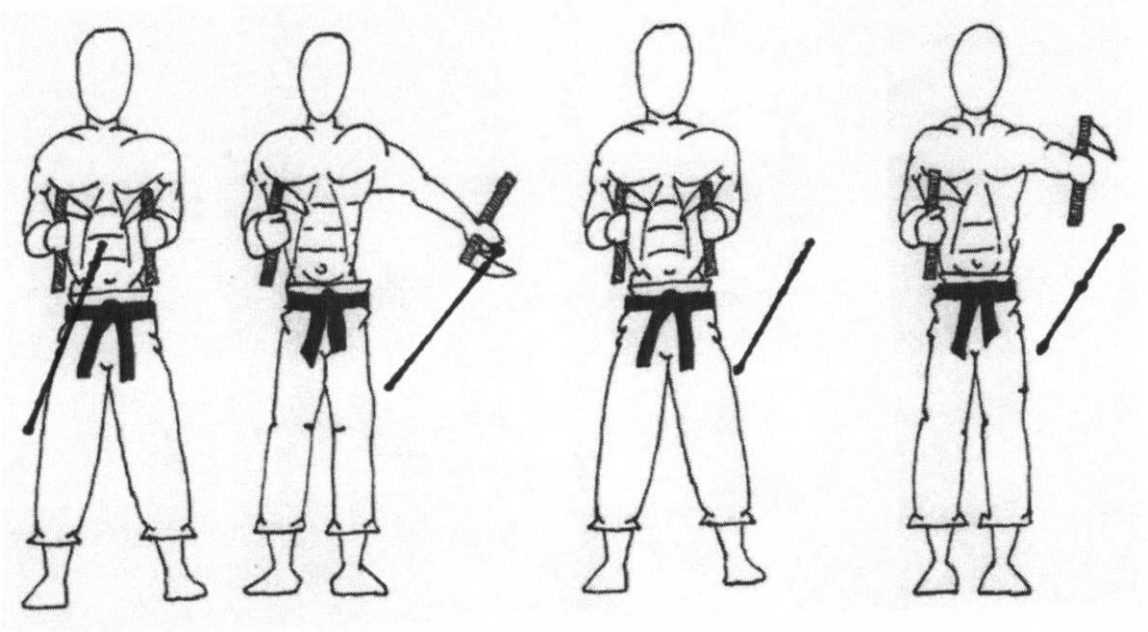
**Kama**
Ninja Sickle

**The kama sweeping block**
From the attention stance, grasp one kama with your right hand so that you have one kama in each hand
Now raise your forearms upwards so that your arms are bent and your hands are at shoulder height
And the blades of both kama are pointing straight ahead
Now reach out and hook an upcomming object such as a sword or a spear and pull it away from your body

For added effectiveness reach out and strike with your other kama at the same time



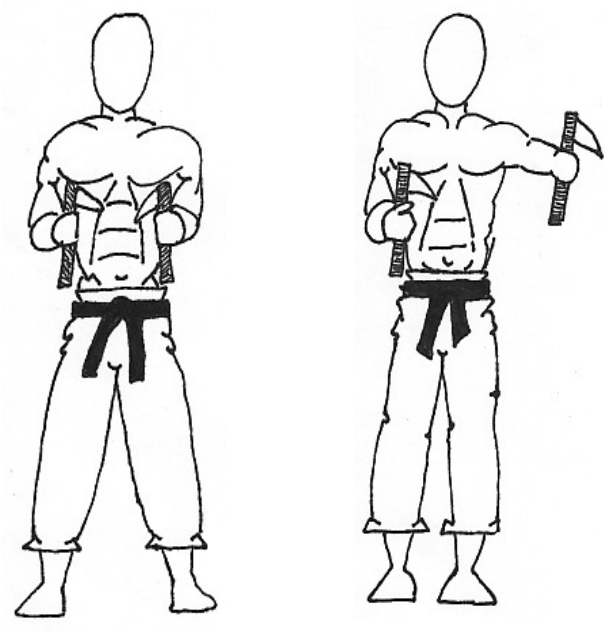
**The kama slapping block**
From the attention stance, grasp one kama with your right hand so that you have one kama in each hand
Now raise your forearms upwards so that your arms are bent and your hands are at shoulder height
And the blades of both kama are pointing straight ahead
Now reach out and quickly Slap  an upcomming sword or a spear and knock it into another direction
For added effectiveness reach out and strike with your other kama at the same time



A sudden blow can jar a kama our of your hands and strike you accidentaly
While you are blocking a strike with a kama, move your body to the side away from the deflection and deliver a strike of your own

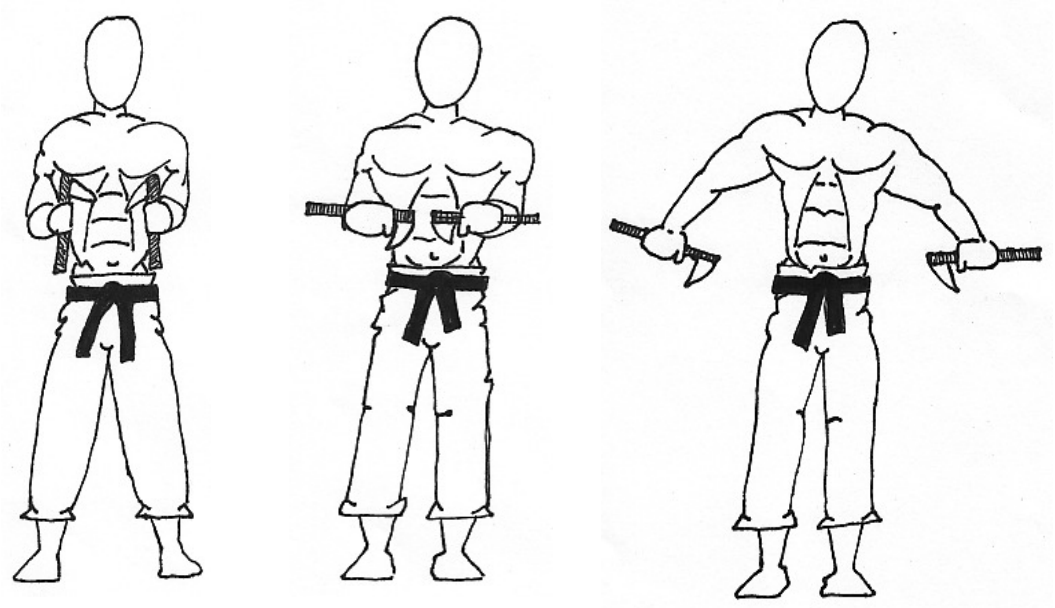
**Kama**
Ninja Sickle

**The Front Strike**
This strike makes use of the kama's sharp point and uses it as a stabbing weapon
From the ready stance simply twist your torso and elevate your arm in the direction of your target and thrust the kama forward
For added impact for your strike take a step forward
TARGETS: The head  The chest



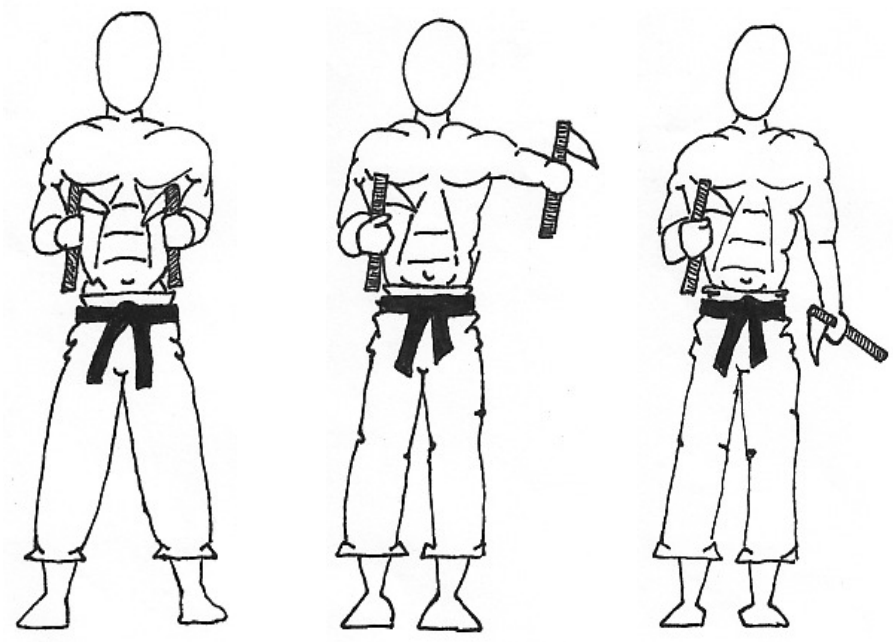
**The tiger strike**
This particular strike mimics a tiger striking its prey and tearing its flesh apart
From the front stance, Take a left step forward, Lift up both kamas together, and strike downward

Next twist and pull both kama away from each other in opposite directions in an outward tearing motion
The striking surface should be the very tip of the sickle and the blade along the sickle.
TARGETS: The head / The neck / The chest / The stomach

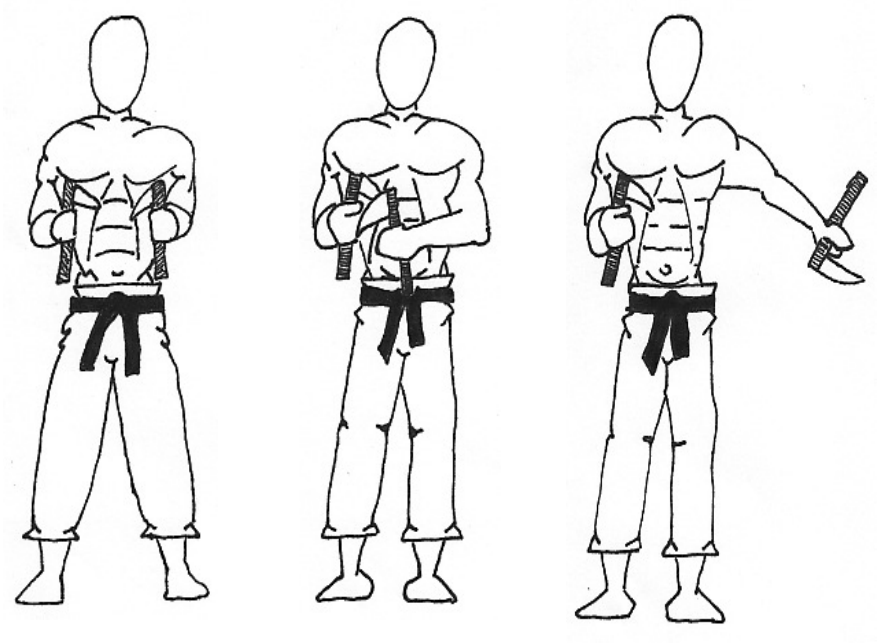


**Kama**
Ninja Sickle

**The downward strike or chop**
From the front stance take a step forward with your left foot and sweep the kama forward in a downward arc
The striking surface should be the very tip of the sickle
Use the right kama to block or parry.
TARGETS: The top of the head / the area between the neck and the shoulders / the shoulders



**The cross strike or slash**
From the left front stance take a step forward and sweep the kama sideways in an arc and pull back on contact
The striking surface should be the very tip of the sickle,
Use the right kama to block or parry an opponent's blows
TARGETS: The neck / the upper arms

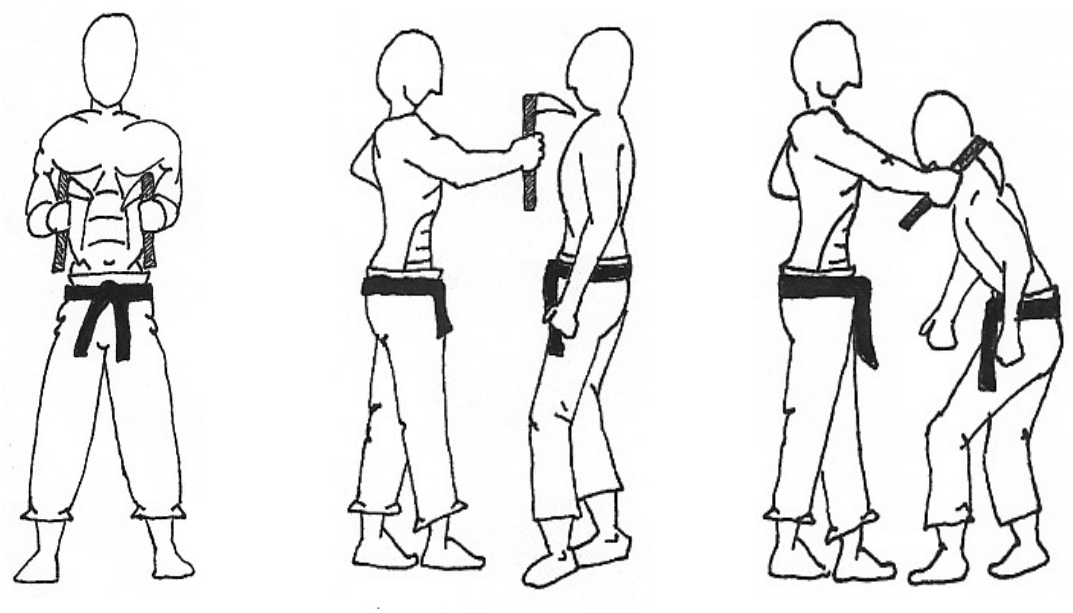


Kama

**Ninja Sickle**

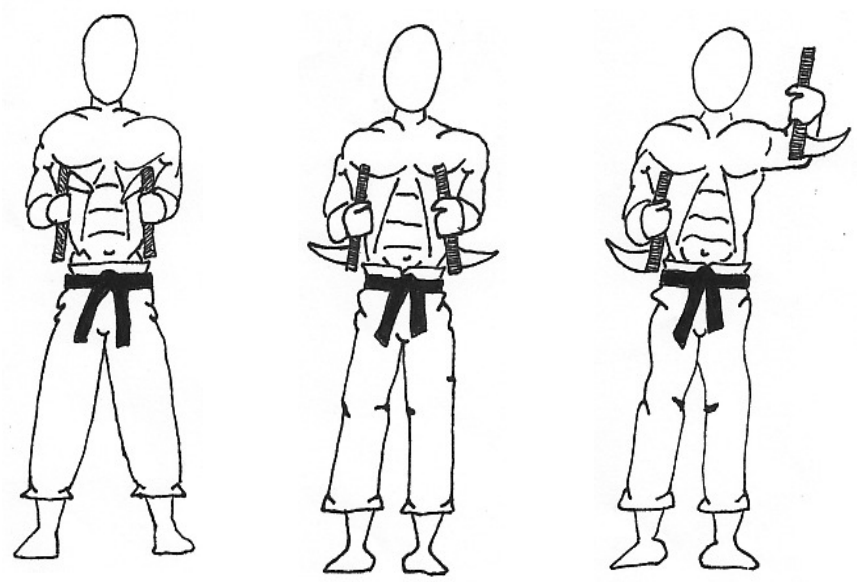
**The hooking strike**

From the front stance take a step forward with your left foot and bend your torso downward.
Sweep the kama sideways in an arc until it reaches behind your opponents neck or limbs then pull the blade strait back.
The striking surface should be the blade along the sickle, Use the right kama to block or parry an opponent's blows
TARGETS: The back of the knees / the back of the shins



**The Upward Strike**

The upward strike makes use of the kama's downward sloping blade by holding the kama upside down and striking upward
This move is good for very close combat



**Rules when using kama**

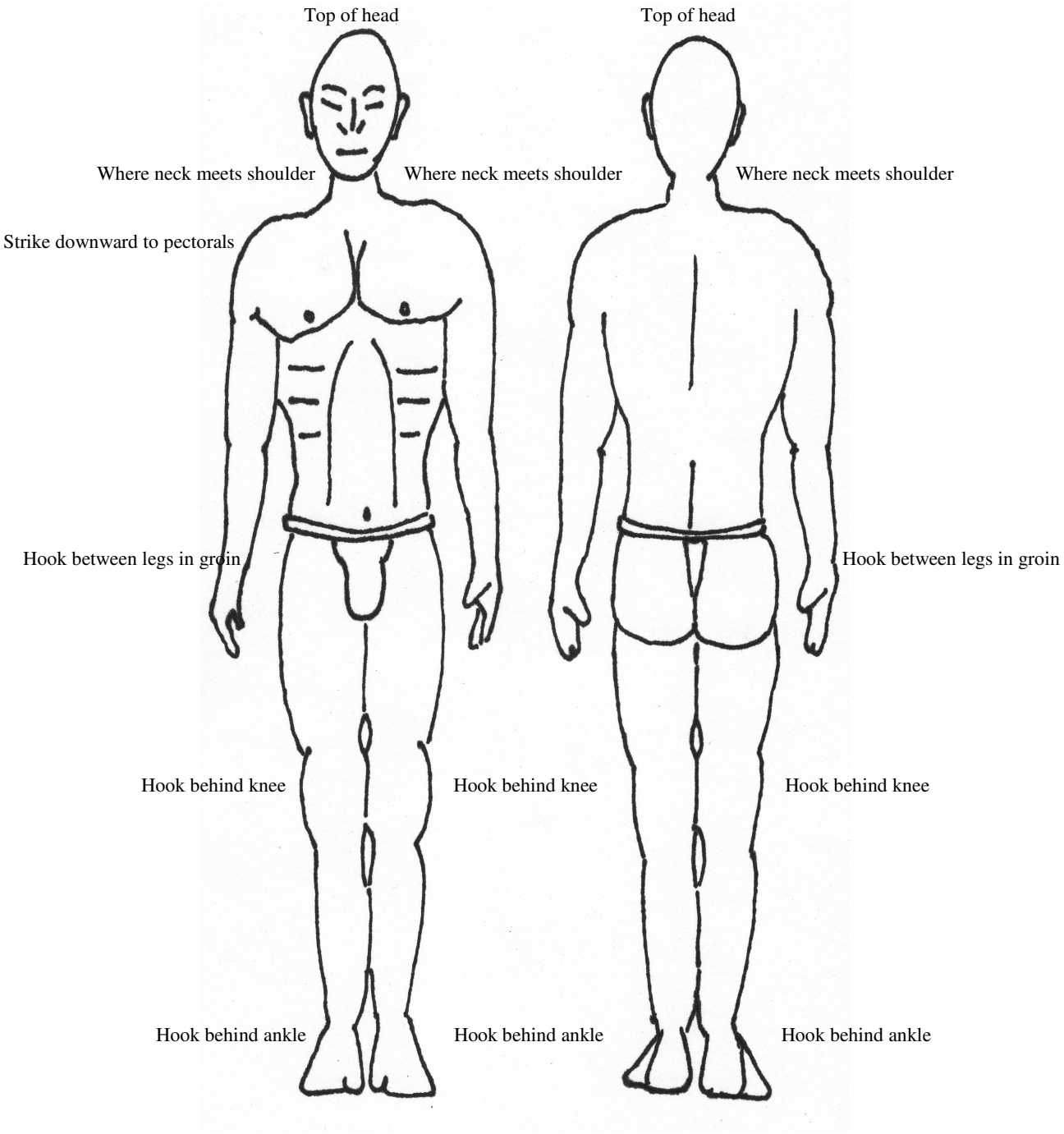
1 Always balance your weight between your legs

2 A sudden blow can jar a kama our of your hands or break it into pieces and strike you accidentaly
While you are blocking a strike with a kama, move your body to the side away from the deflection

3 Think of a kama strike as a triangle movement
When you see a strike coming, Deflect it with a kama. Move your body away from the blow and move forward to make a strike

**Kama**

Striking targets for the kama



**Chapter 8**
**Ninja Brown Belt Course**
茶帯

赤いベルト

**Brown Belt Tai-Jutsu**

**Line Drill**

| | | |
|---|---|---|
| 1. Left hook kick | 1. Left spear hand strike | 1. X block |
| 2. Right hook kick | 2. Right spear hand strike | 2. Knife hand x block |
| 3. Left back kick | 3. Left ax hand strike | 3. Left elbow block |
| 4. Right back kick | 4. Right ax hand strike | 4. Right elbow block |

**Karate Stances**

1. The sitting stance 2. The relaxed stance 3. The attention stance 4. The ready stance
4. The L or R middle stance 5. The L or R back stance 6. The L or R front stance

**The Brown Belt Form**

Starting from the attention stance
1. Assume the left middle stance and perform an X block
2. Left spear hand strike
3. Walk forward two steps and perform a Left hook kick
4. Assume the left rear stance Right hook kick
5. Assume the right middle stance / Right spear hand strike

6. Knife hand X block
7. Take 1 side step to the right and perform a left back kick
8. Return to the right middle stance and perform a right elbow block
9. Turn around completely to the back and perform a right ax hand strike
10. Turn around backward and perform a left elbow block

11. Perform a right back kick and return to the left middle stance
12. Take 1 right step forward and assume the right front stance
13. Perform a left ax hand strike
14. Back up into a right back stance / assume an x block
15. Perform a left back kick / Return to the right back stance

16. Assume a left back stance / Left double forearm block
17. Lean forward assuming the left middle stance / Right spear hand strike
18. Lean forward assuming the left forward stance / Left ax kick
19. Lean backward assuming the left middle stance
20. Perform a right back kick / Return to the left middle stance

**Ninja Special Skills**

How to instantly disappear

**Ninja Weapons Technique**

The Shuriken ( Mettle Star)

**Two Step Sparring**

1. Forward spear hand strike
2. Forward flying kick
3.Turning spear hand strike
4. Side flying kick
5. Front knee kick
6. Turning knee kick

**At this stage the Ninja student may begin sparring with other students**

**Brown belt Shinobi-Iri**
Ninja skill of invisibility

One of the most important skills of the Japanese ninja was to disappear and become invisible.
This is not just an old story or ancient legend but a scientifically proven fact!
The ninja were experts in manipulating the visual perception of onlookers the very same way any animal
Can camouflage its self, because of the color of its fur matches the color of the surrounding Forrest

A chameleon can change the color of its skin to match the same color of the area its standing on
The chameleon cannot become invisible; it's just harder for a predator to see against the colored background
The ninja use the very same principal to disappear and become invisible
By the ninjas manipulating his presence against the background he can become hard to see and almost invisible at will

In short! For a ninja the ability to become invisible depends upon tricking the human mind about what the eye sees
Invisibility means pressing his body on to an ordinary object that you see every day and take for granted
And becoming one with the object to becoming camouflaged, unnoticeable, or overlooked

As human beings we can only sense things by either touching things or seeing and hearing them
This is because as human beings all reality is based upon the perception of reality through our senses such as sight
Ninja invisibility is based upon deception and the manipulation of the senses, especially the sense of seeing

When we see things we recognize them first by color, and secondly by size and shape
For instance a ninja will wear black at night to camouflage his color, without sunlight he will become invisible
At night the ninja will stand close to an object such as a tree or a wall and literally become part of the wall in the dark

During the daylight hours a ninja will put on a disguise and simply walk about the countryside like anyone else
The idea is to blend into the scenery to become unnoticed or mistaken as a harmless object
And a peasant walking about the countryside is a pretty common site.
You can blend into the scenery by hiding behind a tree or by disguising yourself as a Gardner tending a tree
The idea is still the same, to achieve invisibility by blending in to the surroundings.

How to become invisible and count enemy soldiers marching down a road
Once more, the lesson is to blend in with the scenery or to be mistaken for a harmless person or object
One can't think of anything more dangerous than a ninja standing by the roadside waiting to strike
But a ninja dressed as a simple gardener pruning a tree while an army marches by will arouse but little suspicion
And the ninja can simply face the direction of the road while he works and count each soldier as they walk past
The ninja will then report his observations to his superiors

This is an example of what the ninja consider invisibility; it's all right to be completely invisible to the naked eye
But to accomplish this sometimes the ninja must assume the form of something that is already invisible
That is something or someone that you would hardly notice or pay much attention to such as a common laborer
A ninja dressed, as a building janitor will have great access to almost every important room in a skyscraper
And still be invisible and unnoticed by the people passing by and working there

How to disappear while walking through a field during the day
Plan your travel thoroughly, know where all of the gullies and tree lines are and walk very close to them
Do not travel over well-used roads or trails because this is where other people are sure to travel
If you must travel over a road during the day! Then the ninja must go in disguise.

If you are far enough from somebody they won't be able to make out your identity in the distance
This is important! Distance, distraction and darkness are your best cloak of invisibility
If you hear someone coming, run into the tree line and hide behind the foliage, this is not an attempt to escape
This is the ninja blending in with the trees or behind the scenery and going unnoticed by any passersby

Simply drop to the ground as if you were going to crawl and lay flat on your stomach
If they don't pass by so close they trip over you, they won't notice an undistinguished lump on the ground
Another technique is to curl up in the fetal position like you were just another hill or some trash on the ground

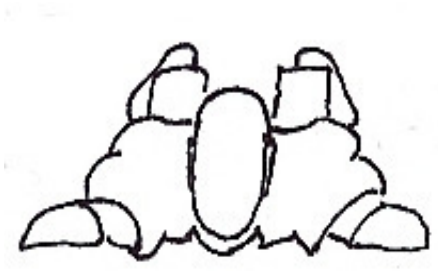
**Brown Belt Shinobi-Iri**

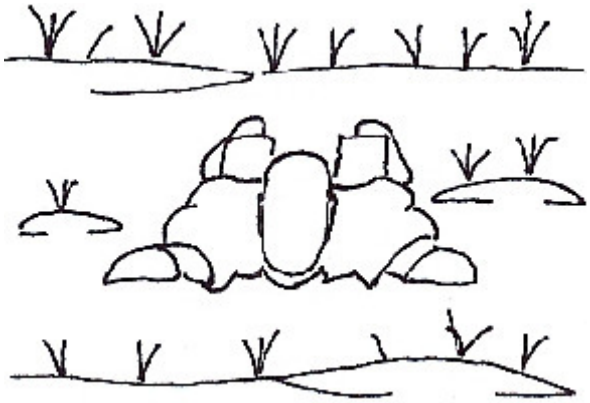
Ti Lao, The technique of lying on the ground and disappearing

1. **How to instantly disappear**
   **Ti-Lao** The technique of merging with the ground and disappearing

While traveling through a field without any cover at all and you hear the approach of others
You must merge with the ground and become invisible; this is the principal of ti-lao

Simply drop to the ground and lay flat on your stomach.
There are many positions you can take for this technique such as lying on your side, or lying on your hands and knees
The idea is to lay so low to the ground that that the shape of your body will merge with the surface area of the ground
Obscuring your human form from observers into a shapeless morass upon the earth's surface
Anyone lying down in a field will be hard to notice at any distance! Especially with tall grass and brush

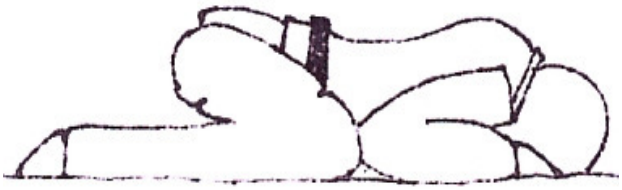


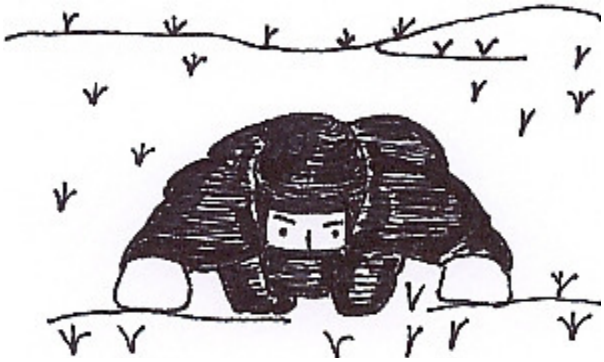


As before you are not using the background as a source of camouflage, but the ground you are now standing on!
But this time you are fully laying down on the ground and blending in with the Forrest floor
You are easily recognized as a human being by the fact that you are large and have a head and four extruding limbs
But as a dark spot on the ground, you will easily go unnoticed or overlooked as unimportant by observers

2. **How to instantly disappear**
   **Ti-Lao** The technique of lying on the ground and disappearing

The idea is to lay so low to the ground that that the surface background will actually rise above your body
To do this! Drop to the ground and lay still on your forearms and knees and curl up in an upright fetal position
You should easily blend in with grass or greenery anytime day or night
You should choose a shinobi shuzoko the color of the area you are traveling in to help you blend in with the scenery





For this technique you are not using any kind of background as a source of camouflage
You are laying on your hands and knees in front of the horizon and using the collective greens of the field
And small natural hills and depressions on the ground as a source of camouflage and invisibility
You are simply lowering your body to the ground so that the height of your body will not be recognized as human
You are attempting to become a part of the ordinary background scenery and not a potential threat such as a ninja

**Red Belt Shinbi-Iri**

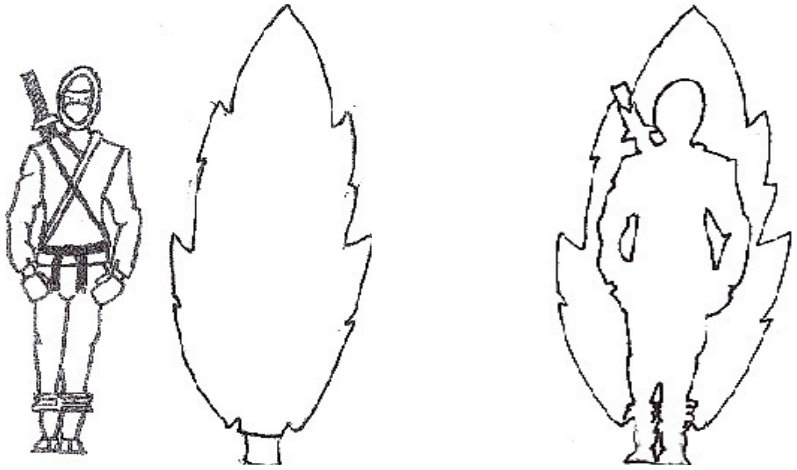
Ya-jutsu, The art of hiding by merging with other objects

A forest is a place with many opportunities for the ninja to hide and find refuge or disappear and escape
Depending on the location most forestland will be green no matter what season
These great blankets of green covering the brown trees will be an ideal cover for the shinobi seeking camouflage
Many ninja used the color green for their shinobi shozoku in place or their usual black ninja garb
A tree is an ideal pillar for a human body to leap behind and become suddenly hidden

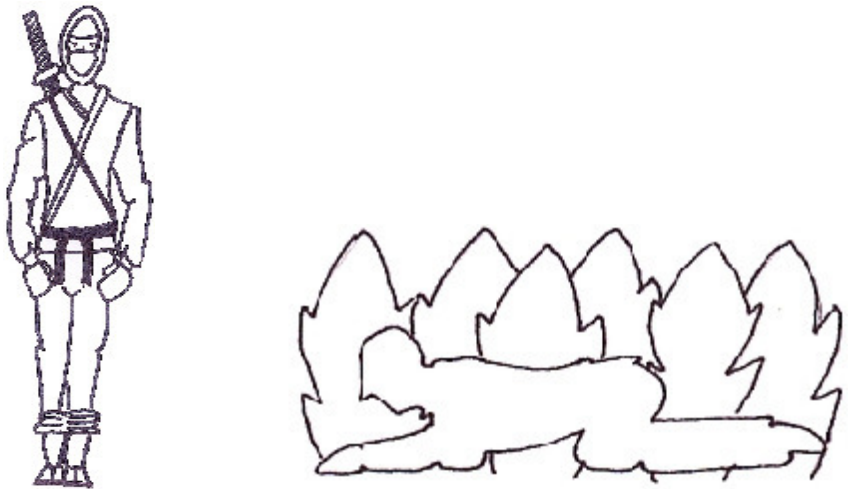
A tree is a natural wooden ladder to climb upon to gain an advantage over any potential enemies traveling along
The ground below, over time a tree can grow large enough to be used as a source of protection or cover like a small redoubt.
Most hunters' such as tigers and leopards hide in the lower limbs of trees to camouflage themselves
And to be in a better position to observe and pounce on their prey when ready
Any thick bush or large fallen log is as good as a tree for the shinobi
You can easily leap over a bush and fall to the ground to gain immediate concealment in an instant if need be

1. **How to become invisible**

**Ya-Jutsu** The art of hiding by pressing your body close to an object, to become a part of that very object!
Step close to a tree or some other large object and completely merge your human outline with the larger object
Press your body against tree or wall and become part of it and you will go unnoticed or unidentified as human



To hide in plain sight in the forest you must quickly seek out a tree large enough to cover your entire body
And stand in front of it, the next thing is to stand so close to the tree that you are actually touching the tree
Wrap your arms in the shape of the tree branches and stay in the confines of the tree outlines
Pressing very close into the tree will make you part of the trees natural outline and allow you to become unnoticed



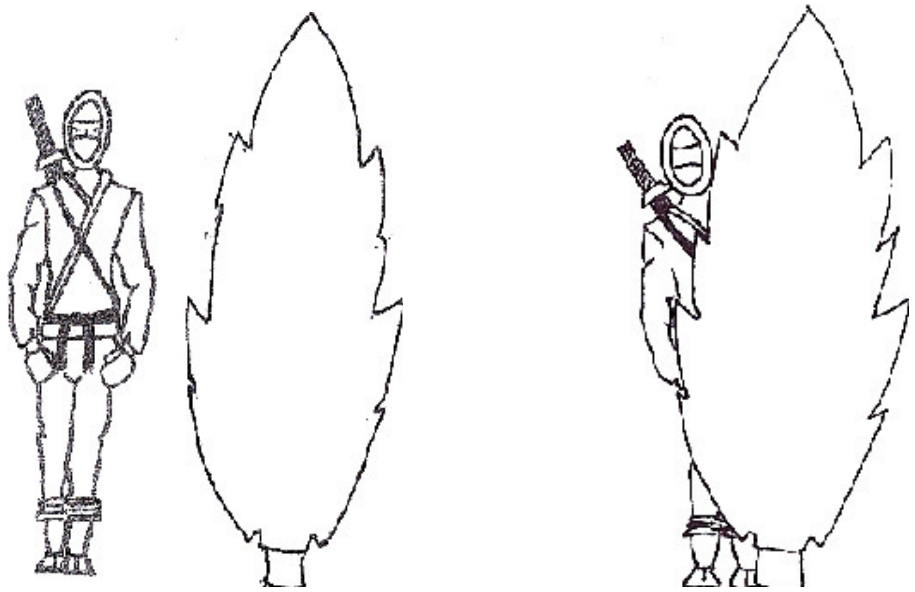
**Red Belt Shinobi-Iri**

Ya-jutsu, The art of hiding by merging with other objects

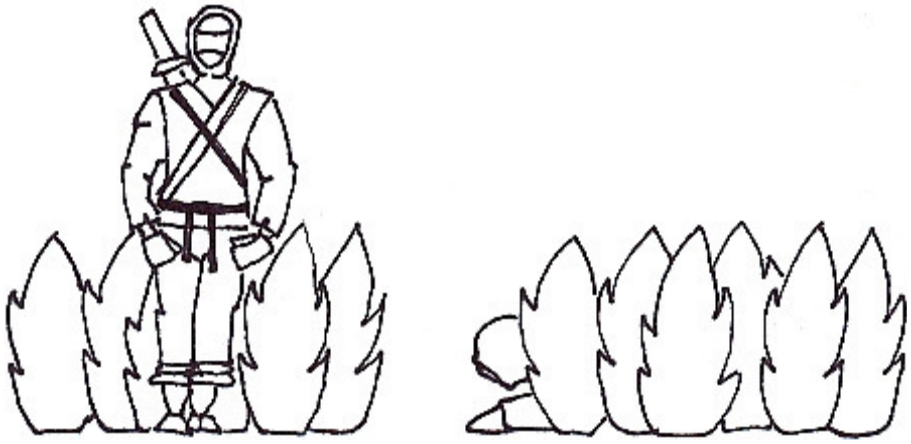
1. **How to become invisible**

**Inpo–Jutsu** The art of hiding behind an object

Run behind the tree line and hide behind the nearest tree that can cover your body completely



The natural trees and foliage of the Forrest makes an excellent cover for the ninja
And any group of bushes makes an ideal wall to block the eyes of the unwary; a small bush is easy to leap over
And lay behind as a small hiding spot in a pinch



The Ninja Star

# Shuriken

**Shuriken**
The Ninja Star

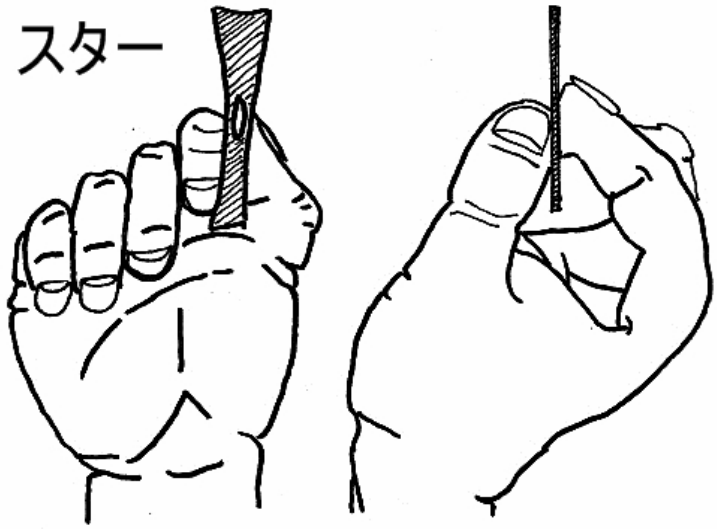
**The ninja star in combat**
Probably the most famous or notorious weapons in the ninja's arsenal is the world renowned throwing star or shaken
No martial arts movie about the Japanese ninja was complete without a ninja throwing a mettle star
And slicing his adversaries to ribbons

The ancient Japanese were not the only ones to use the mettle-throwing star in combat
The Chinese also had a six-pointed version of the star called the XING

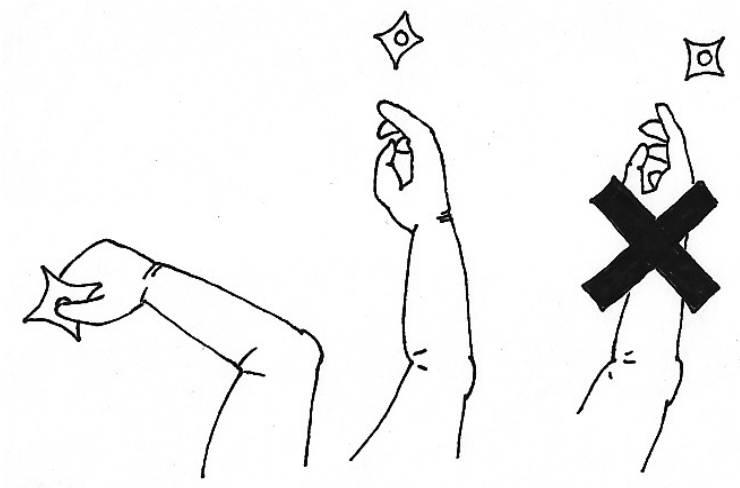
Traditionally the shuriken or hand release blade was just a bare four-pointed piece of metal thrown at an enemy
Without any special preparations such as paint or adornments
But sometimes the shuriken was dipped in poison to increase its lethality when used as an assassin's weapon.
Other times simple animal dung was spread over the edges of the weapon to increase the chances of a dangerous
Infection and possibly even death

A common ninja trick was to throw a shuriken over the head of a guard at night to divert his attention else ware
Such as drawing his attention away from where you are hiding and into another place a safe distance away.

**Griping the shuriken**
1. Griping the shuriken for the overhead throw
   Pinch the star between your thumb and index finger




**Releasing the shuriken**
The most important aspect of throwing a shuriken is releasing the shuriken at the proper moment when your hand is aligned with your target
When you release the shuriken it will go in a straight line in the direction it was released
The most usual technique adapted by the ninja was to aim one's elbow at the target and release the grip on the star when the arms was straight

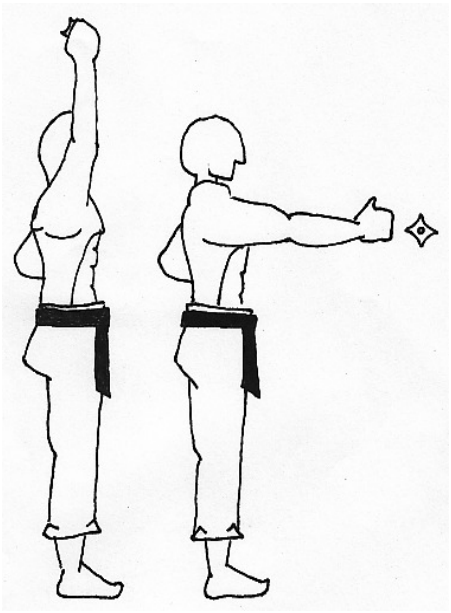


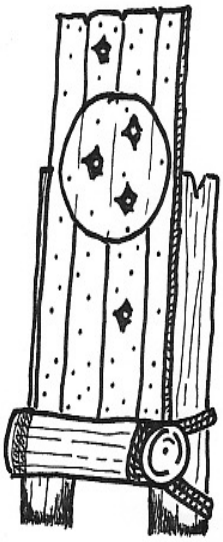
**Shuriken**
The Ninja Star

**Throwing the shuriken**
There are literally hundreds of different ways to throw a shuriken and successfully hit a target
Since some people are left or right handed its always best for the participant to discover his or her own way of throwing the shuriken
Some techniques require you to hold the star directly overhead and bring your arm down and release the blade
While still others will have you keep your shoulder still and hurl the shuriken by thrusting your lower arm downward

In short! In the thousands of martial arts schools in Japan there will be the only one proper way to throw a shuriken
And in every school there will be dozens of karate masters each with own way to teaching students to throw shuriken

1. **The overhead throw**
   While griping the star between the thumb and forefinger raise your arm directly overhead and move it forward
   Point your elbow at your intended target and quickly move your arm forward and releasing the throwing star
   Your arm should never fall below the level of your elbow while holding the shuriken
   And downward, at the same time release the star when your arm reaches the same level with your target

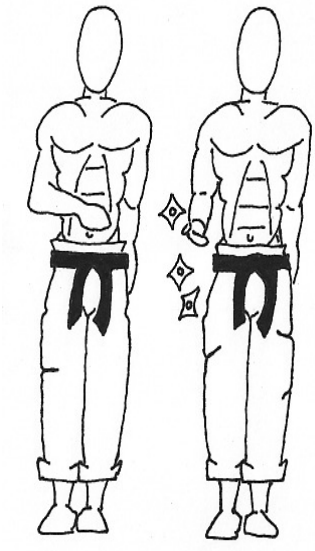


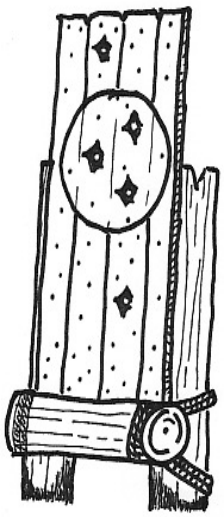


The shuriken is a weapon
Thrown from ten to thirty feet
At a target

It is not a lethal weapon but
Used to weaken or disable an enemy

2. **The sideways throw**
   While griping the star between the thumb and forefinger bring your arm completely around your chest
   Then bring your arm forward in a straight line while keeping your arm and wrist straight
   When you release the star toward your target never let your arm arch past the direction of your intended target
   Or it will fly in that exact direction due to the law of physics

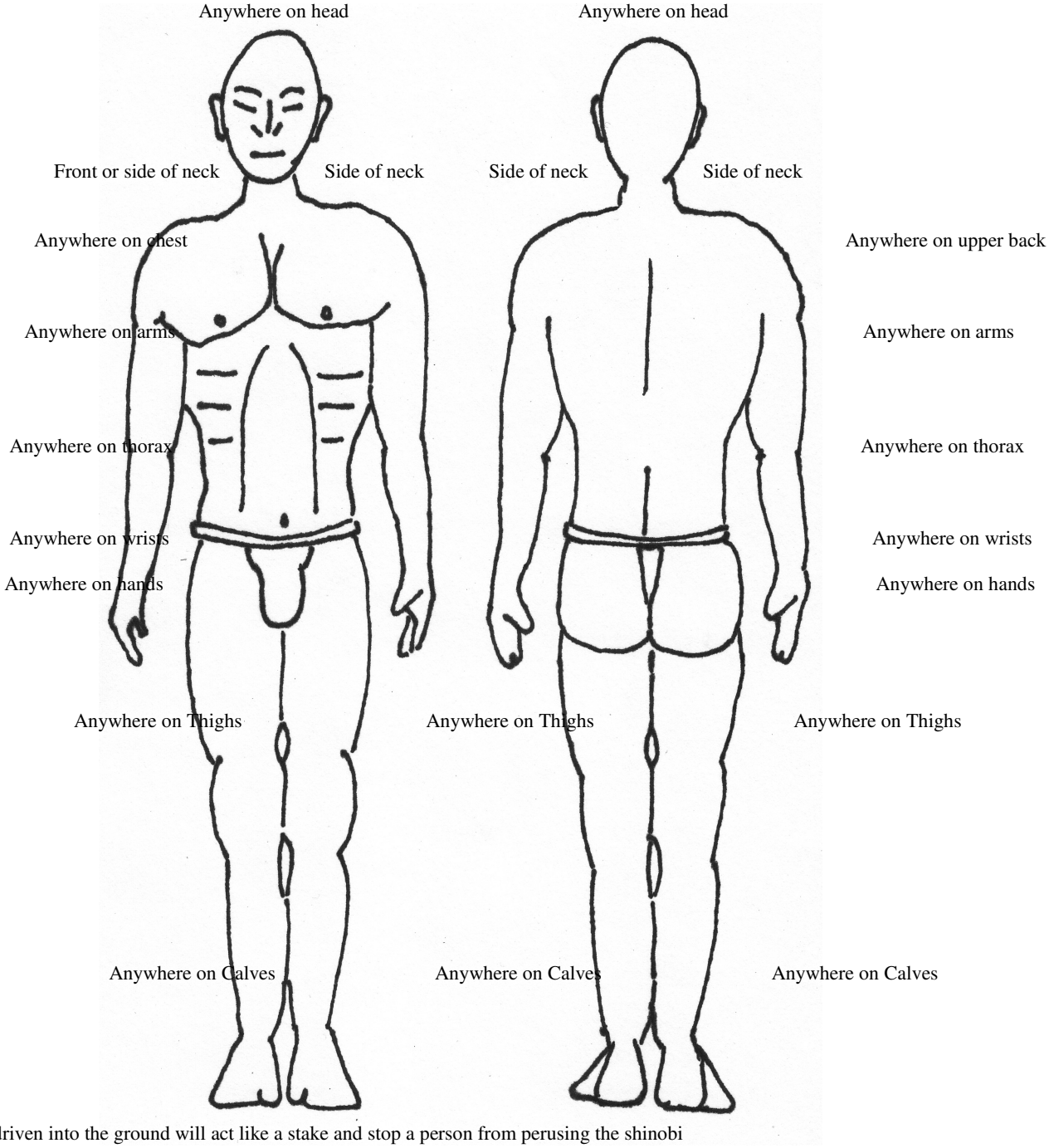




**Ninja Shuri Ken**

Striking targets for the ninja hand blade

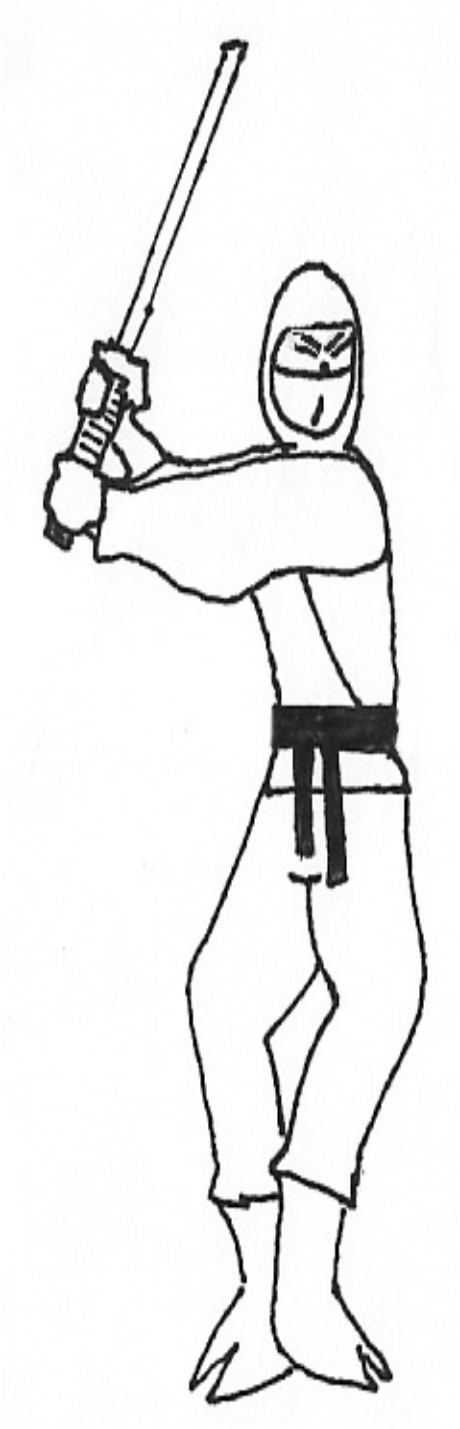
The concept of the shuriken is that it is solely a nuisance weapon. That is that the shuriken is meant to dissuade pursuers
By attacking them with small but deep cuts and inflicting small amounts of sharp pain
The shuriken cannot be used to kill or maim an enemy but is used to wound and harass enemies and pursuers,
Anywhere on the human body is a good target for a star especially anyplace without heavy clothing or armor




A shuriken driven into the ground will act like a stake and stop a person from perusing the shinobi

**Chapter 9**
**Ninja Black Belt Course**
黒 帯

茶 帯



**Black Belt Tai-Jutsu**

| | | |
|---|---|---|
| 1. Front kick | 1. Front fist strike | 1. Left forearm block |
| 2. Turning front kick | 2. Rear fist strike | 2. Right forearm block |
| 3. Front round house kick | 3. Front tiger claw strike | 3. Left low block |
| 4. Turning round house kick | 4. Rear tiger claw strike | 4. Right low block |

**Karate Stances**

1. The sitting stance
2. The relaxed stance
3. The attention stance
4. The ready stance
4. The L or R middle stance
5. The L or R back stance
6. The L or R front stance

**The Black Belt Form**

Starting from the attention stance

1. Left middle stance / Left forearm block
2. Left front kick
3. Assume the right middle stance / Left turning kick / Return to right middle stance
4. Assume the right front stance / Right front fist strike / Left rear fist strike
5. Return to the right middle stance / Right forearm block

6. Turn right 90'0 to the side
7. From the right middle stance & right forearm block / Front right round house kick / Return
8. Assume the left front stance / perform a Left front tiger claw strike
9. Take 1 right step forward and perform a Right front tiger claw strike
10. Assume the right back stance / perform a left low block

11. Turn left 90'0 to the side / Assume a right middle stance with right forearm block
12. Take 2 steps forward / Right fist strike
13. Left forearm block / Left back turning round house kick
14. Take 1 step backward / Right low block
15. Take 1 step forward / Right forearm block / Left front kick

16. Take 2 steps forward / Assume the left back stance
17. Pivot to the left middle stance / Left forearm block
18. Right rear fist strike / Return
19. Left front kick
20. Right fist strike / Left fist strike/ Right back round house kick

1. Front break fall  2. Back break fall  3. Side break fall

**Ninja Special Skills**

How to instantly disappear during the night

**Ninja Weapons Technique**

The Ninja Sword (Ninja-ken)

**Two Step Sparring**

1. Front elbow strike
2. Back kick
3. Spinning elbow strike
4. Wild horse kick

**At this stage the Ninja student may begin sparring with other students**

**Black Belt Shinobi-Iri**

How to instantly disappear during the day or night

One of the most important skills of the Japanese ninja was the ability to disappear and become invisible.
This is not just an ancient myth or legend but a proven fact drawn from history

As you have read before the ninja were experts in the manipulating of visual perception of onlookers
By blending in with the scenery, either by filling in the space between two objects with the ninjas own body.
Or by blending in with the surrounding colors to become hard to see or virtually invisible

It's easier to disappear at night because of the low light quality and the darkened ground completely covers
Even the lightest shadows cast from trees or any objects
Yet at the same time night travel creates new challenges such as it's harder for the ninja to see well at night
And a ninja even wearing a disguise will be hard pressed to explain his presence to a guard after sundown

Certain forms of animal life begin to prowl after dark and can cause trouble for the ninja by their shear presence
Such as dogs, cats, deer, raccoons, possum, wolves, bears, tigers, rats, bats, some predatory birds such as owls
A dog sniffing around is of no use to a ninja. And a dog barking at a strange presence is a sure sign of intruders
And a grazing herd of deer suddenly running off is both noisy and suspicious by itself
And tigers and bears are ferocious hunters and meat eaters and don't care where their next meal comes from

When a dog hears a strange noise such as an intruder it will naturally bark and investigate the intrusion
Whether it is by a deer, a human, or just another dog
If a landowner hears his dog barking during the daylight hours he probably won't investigate it himself
Because the dog is probably barking at a rabbit or a carriage passing down the road
But if the landowner hears his dog barking at night he will probably look out of his door to see what is happening

Certain forms of animal life make their appearance after dark and can cause trouble by their conspicuous absence
Crickets usually chirp at night, but the approach of a ninja will certainly goad them into ominous silence
And the sudden silence of crickets is a warning of danger for even the most indolent or foolish of guards
Crickets' locusts and birds all cease making noise when they hear the approach of danger
And the silence of a tree full of birds is as much of a giveaway of the presence of a ninja as the sound of his footsteps

**How to disappear while walking through a field at night**

Spend some time observing your ultimate destination and consider the landmarks after you have returned home
Did a wall surround the area? Were there any fences? Do you see any places where lanterns may be placed?
Look for areas that will be darkened at night by an object such as a brick wall
And pay attention to well-lit areas that will give away your presence if you are seen walking through it

Plan your travel thoroughly, know where the gullies and tree lines are and walk very close to them
If you hear someone coming, run into the tree line and hide. Or run and dive behind the bushes
This is not an escape; this is you or any other ninja blending in with the scenery and going unnoticed
And enabling you to carry on with your mission without interruptions or unnecessary delays

Night is always the best time to attempt your mission because the darkness will naturally cover your presence
And most people go indoors after sundown and you won't have to deal with possible witnesses
Most landowners have guards working during the daylight hours and only few, if any guards working at night
This is because most business is transacted during the daylight hours when protection is needed

A guard dog can operate in complete darkness because of its keen sense of smell and hearing
But a human being cannot! and requires much elaborate equipment to function at night
A moving lantern in the dark is a sure sign of a guard and you can easily make your escape when you observe this

If you must travel to your mission at night don't overlook the obvious possibilities of a disguise
Once more the lesson is to blend in with the scenery or to be mistaken for a harmless person or object
A man disguised as a road worker can easily explain his presence walking down the roads at night
If questioned by a landowner or his manservant's he can explain that he was returning home after a day's work
If it is really late at night the ninja can explain that he was coming back from a friend's house after work

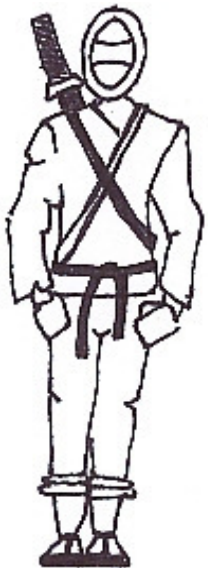
**Black Belt Shinobi-Iri**
Kumori-Jutsu
How to instantly disappear at day or night

The ability to hide in shadow is by no means particularly practiced only by the ninja of ancient Japan
Almost every animal on the face of the earth has its own use for darkness and shadows, Have you ever seen a panther?
These huge nocturnal predators are always brown or black because they use the night as cover to hunt their prey
Tigers are orange and brown in color but have huge black stripes on their backs to hide their form in the shadows
Some panthers are totally black and this helps them immensely in nighttime hunting

The ninja use the same principals to travel invisibly at night
Walking silently through the night wearing dark colored clothing in the shadows helps the ninja become invisible
Invisibility only comes from the natural world surrounding the ninja so the ninja takes advantage of the terrain
By traveling within the natural blind spots and shadows cast by the landscape

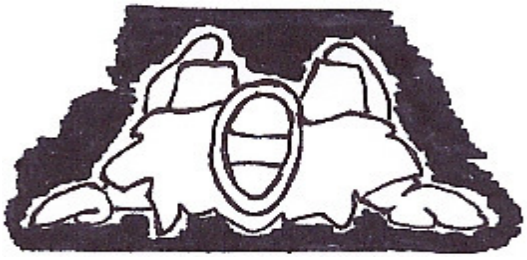
1. **How to completely disappear while walking through a field at night**
   Kumori-Jutsu or the art of using shadows to become invisible

Step into the shadows and blend in with the dark by merging your body with a large object such as a tree
Completely erase your human outline in the dark, and you will go unnoticed as a potential source of danger
As always the best place for this is under the shadow of a big tree or other such large object



This can also be accomplished by hiding in the shadows of a wall if it is sufficiently dark outside
You can stand up flat against the wall and be prepared to strike at passers by if discovered

2. **How to completely disappear while walking through a field at night**
   Kumori-Jutsu or the art of using shadows to become invisible



The idea is to lay so low to the ground that that the surface background will actually cover up your body
At night the ground should be perfectly dark, and you should be as well, making a perfect match
Drop to the ground and lay flat on your stomach, blending the contour of your body with the dark ground
Your black shinobi shuzoko should cover you and help you blend in with the night

**Black Belt Shinobi-Iri**
Kumori-Jutsu
How to travel invisibly at night

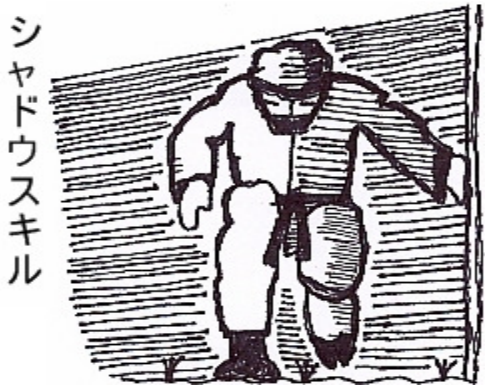
**Kumori-Jutsu,** The art of using shadows to hide
The essence of the ninja skill of invisibility is using the natural surroundings to vanish and hide in
This must be accomplished by first scouting the area to be penetrated by the ninja and looking for hiding places

The first and foremost rule in using shadows, as hiding areas is to locate each and every source of light in the area
This can be easily done at night when every lamp or fire from the local houses will be plainly visible
And discover the blind spots and hidden areas that are not covered by lights
Ideally you should choose an area with only the moon to light your way but that is not always possible
So when faced with an area you need to investigate you must penetrate the area at night when the lights will be burning
And make note of each light source and location

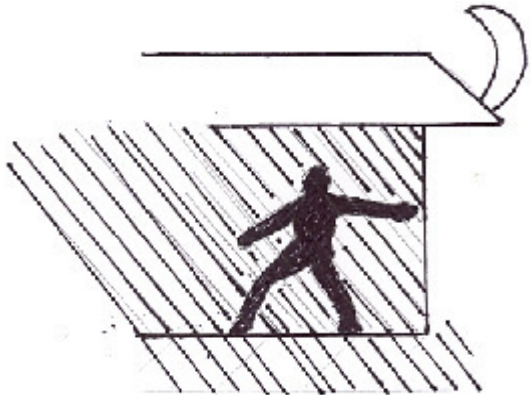
Large objects always cast large shadows and very often you can hide an army within a tree line or a wall
It is a scientific fact that very bright lights always cast very dark shadows
So you should investigate the blind spots underneath lighting sources such as street lamps or watch towers

When considering hiding within the shadow of a wall, always look for a secondary source of light
The wall itself may cast a giant shadow from the light of the moon but a lamp shining on the wall may illuminate it
And anything walking along its width
Always observe the wall itself and deduce if any light is being shined on its side from another direction like a spotlight

At first glance a wall may cast a giant shadow
A ninja may comfortable hide in



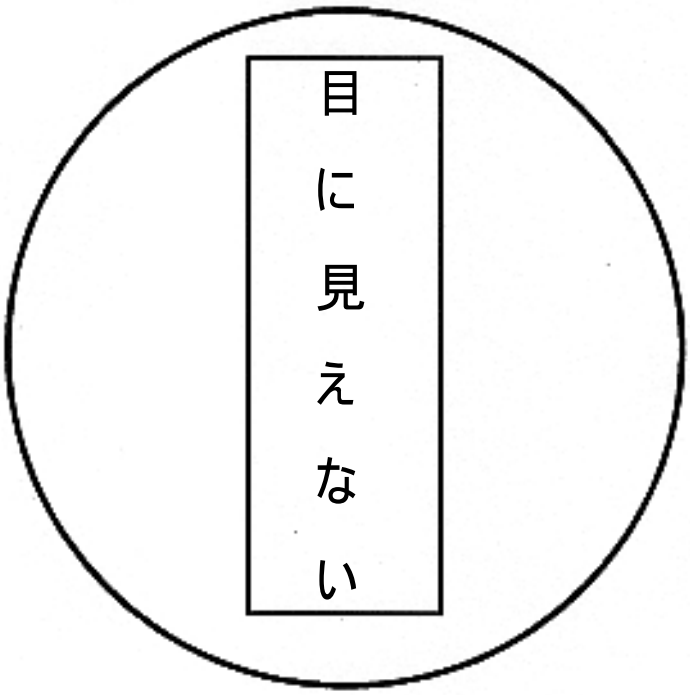

But further investigation may disclose illuminated spots
Caused by a secondary source of illumination
Such as a light shining from the window of another house



The rule of thumb for a ninja using shadows to travel is to walk only in the blackness, not just in the darkness
If you can see any color at all in the trail you are planning to take, then you are traveling in an illuminated area
The number one goal for a ninja is to put a large object between him and the moon shining above

When walking under a wall being illuminated by any light source behind it, travel as close to the wall as possible
If the wall is totally black then anything standing in front of the wall will be as well
If you cannot see your own shadow on the ground then you can be sure that you are totally invisible to any observer
Walk slowly because you might run into obstacles along the wall such as bushes or trees and even trash strewn about
People have a tendency to move old or broken garden furniture out of the way and store it next to the fence or wall

**Black Belt Shinobi-Iri**
The book of ninja invisibility
How to become invisible and walk past a guard or sentry



**Black Belt Shinobi-Iri**

How to become invisible and walk past a guard or sentry

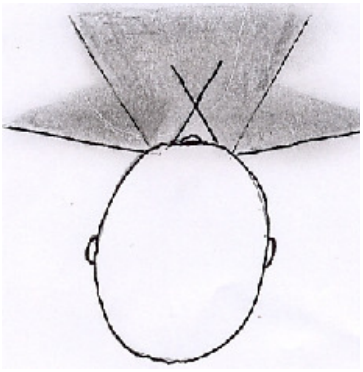
When stealthily bypassing a sentry it is important to discover his location first without him ever seeing you
And pass by his position while not make any sounds that may warn of the presence of a human being
Forests and villages are full of the sounds of wind blowing through the trees, and animals scurrying about.
The loud chirping of birds is a common annoyance wherever you go, especially and night and in the mornings
But the distinct sounds that only people make! Is what gives away their presence as humans to observing listeners
The loud but steady tap on the ground can only come from a human being walking by and not a cat or a squirrel

To remain invisible at night while walking past a sentry the ninja must walk with extreme caution and silence
Or closely mimic the natural sounds produced in the area to cover the sounds that the ninja makes while walking
Such as if a horse is walking by, then the ninja shall walk in synchronicity with the horse's steps to disguise his footfall
Or if he ninja must walk over the roof of a house he can "Meow" like a cat to disguise himself further
This is where the legends began that the ninja can become invisible at will or turn into animals to disguise himself

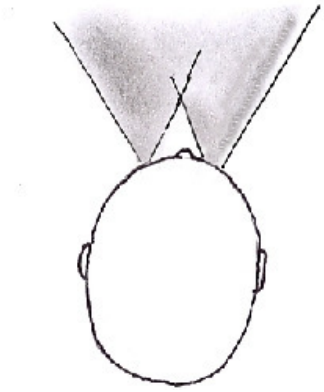
Secondly! Besides removing his body as a possible source of ambient sounds that may give him away
The ninja must stay out of the visible line of sight of the sentries either day or night
This is much easier to do at night because of the darkness that may cover the ninja like a blanket of invisibility
All human beings have two different lines of sight or layers of vision
Scientists have terms for this vision, The first is called binocular vision and the second is called peripheral vision

Binocular vision is the line of sight directly in front your eyes, when you hold your hand in front of your face
You are seeing your hand by both of your eyes or with a binocular method as nature had enabled you with.
When you are seeing something in the corner or the sides of your eyes
As you hold you're out stretched arm to the side of your body with your head pointing straightforward
And you are looking at your hand it with only one eye. Then you are using your peripheral vision

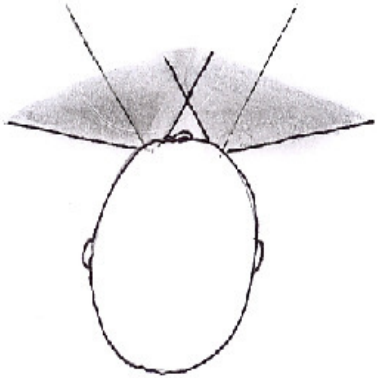
Standard human range of vision



Binocular vision



Peripheral vision



This technique of walking past a guard without being seen depends on staying outside of his range of vision
As a human being you can only make out fuzzy shapes when seeing something along the side of your head
Or the corner of your eye, this is because your eyes are located directly in front of your head or binocular.
That is because nature has given all meat-eating creatures, whether they are birds of prey, bears or even lions
Binocular vision to hunt for food and man is no exception to this rule

To remain invisible it is important to travel silently to your destination without being seen or heard, and discover
The location of any guards in order to make plans to pass behind the guard silently
You should walk sideways facing the guard from behind in order to see the very back of the guard's head and ears
Humans cannot see behind their ears and if you can see the very back of a man's ears then he cannot possibly see you
The back of a man's ears is a perfect signpost or marker for a blind spot on all human beings

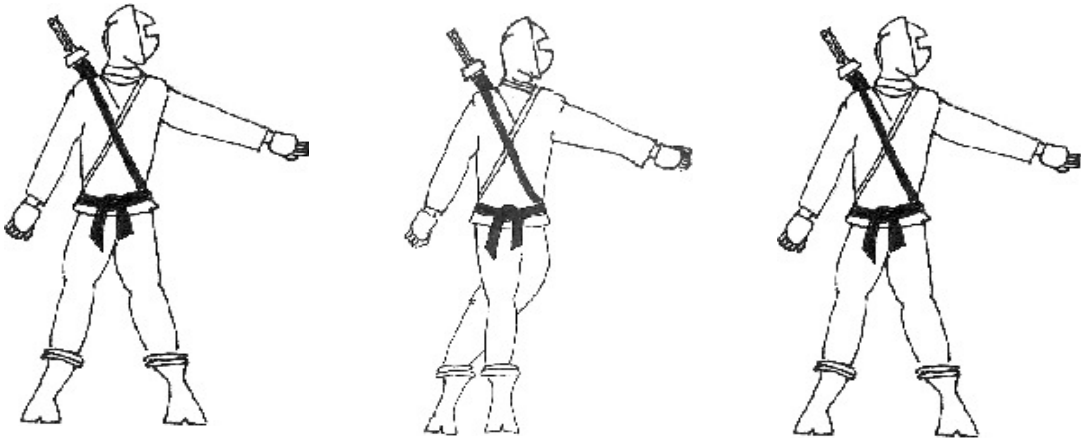
**Black Belt Shinobi-Iri**

How to become invisible and walk past a guard or sentry

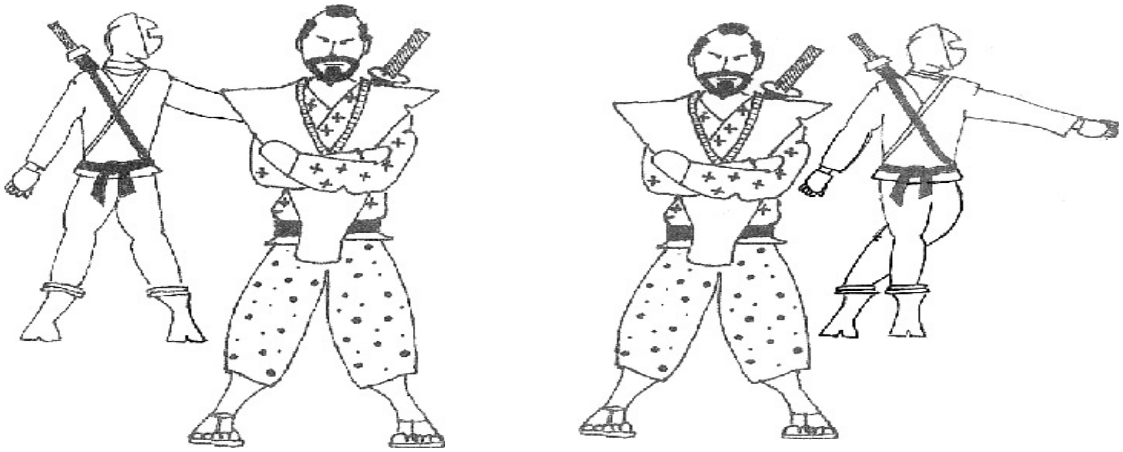
According to Japanese legend, the ninja could become invisible; and they can turn themselves into animals
Such as turning into wolves and attack an enemy at will, or turning into a crow and flying away with impunity
These legends are simple Japanese folk tales that are based upon some historical fact
The fact that the ninja are trained to travel quietly and stay out of sight of observers lend to the story of invisibility
And the ninja's use of animal noises to fool listeners as to the approaching footsteps of the ninja adds to the belief
That the ninja could turn into animals, this is an example of ancient legend being based upon historical fact

For the act of passing a sentry close by his post such as a wall or a hut requires the skill of walking sideways
Or sidestepping or walking sideways to his destination while staying outside of the sentry's peripheral vision
This is done by walking close to the wall, or as far as possible from behind the sentry
Performing the side step is most appropriate for enclosed areas such as in small room or close to the tree lines
The side step conserves the space between the ninja and enclosing objects and keeps the ninja pointed toward
The direction he wishes to observe with caution such as guard

To accomplish the side step you may first practice by standing at the relaxed stance with arms outstretched
Next pick up your left foot and place it in a straight line on the opposite side of your right foot
You should be standing with your legs crossed in an x fashion
Now pick up your left foot and place it all the way to the side in a straight line on the ground
You are now side stepping, for further security feel along the path with your outstretched arms for obstructions



1. First observe the guards position and side step behind him outside of his peripheral vision
2. Stay far behind the sentry watching only the back of his head and especially the back of his ears
3. Keep your arms outstretched and feel for obstructions in your path, bumping into a tree could give you away
4. Once past the sentry keep a side step relative to his position and behind his back for as long as possible
   When you are out of his range of hearing you may again walk freely toward your destination



**Black Belt Shinobi-Iri**

How to become invisible and escape from a sentry

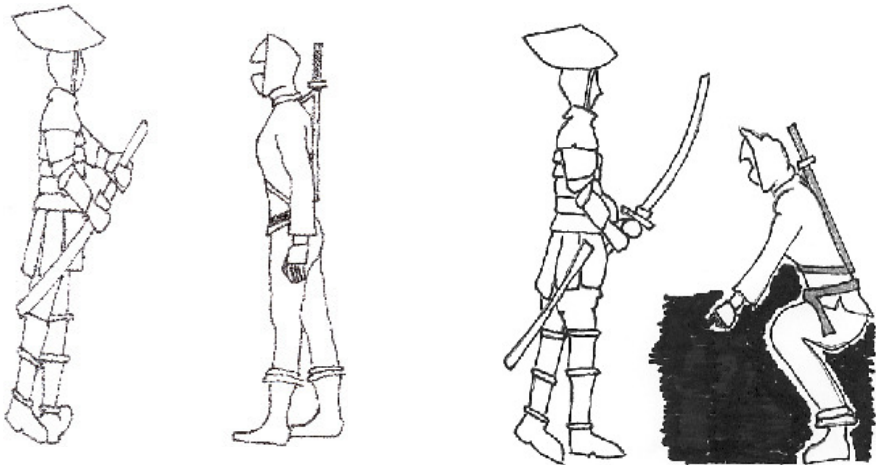
Once more this is a question of using the darkness and dropping outside of the guard's peripheral vision
Below is a classic example of a ninja encountering a Samurai warrior during an evening mission

The very principal of escaping from a sentry in the dark is that the sky is light and the ground is much darker
Anything above ground level will be slightly illuminated, while anything below the horizon will be invisible
If a man is standing up at night he cannot see anything below him on the ground
If a man is lying on the ground at night, he can see everything above him that is backlit against the evening sky

If confronted by a guard at night you should increase the distance between yourself and the guard for safety
Then get to the ground as soon as possible; remember the ground below is always darker than the sky above
If the evening is very dark and hard to see, then anything on the ground will be completely invisible!
Once the ninja is invisible on the ground, he can then roll away out of view from the sentry

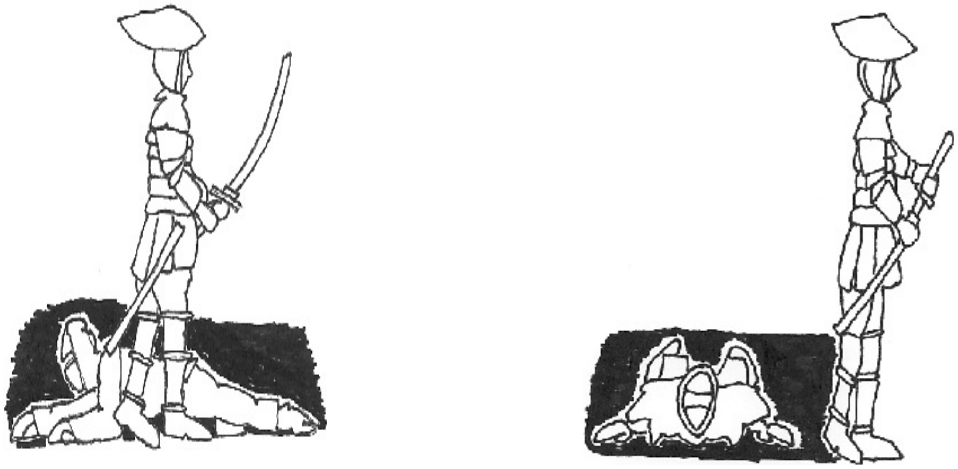
When the guard walks forward looking for the spot where he last saw the ninja standing
The ninja can allow the guard to walk past him! Once the guard has moved forward of the ninja's position
The ninja can then perform the dragon step and crawl away from the sentry
Or let the sentry pass him up then get up and Creep behind the sentry's back

Below we see a Samurai warrior confronting a ninja in the darkness
In an instant! The ninja jumps backward in the dark! Increasing the distance between he and the samurai



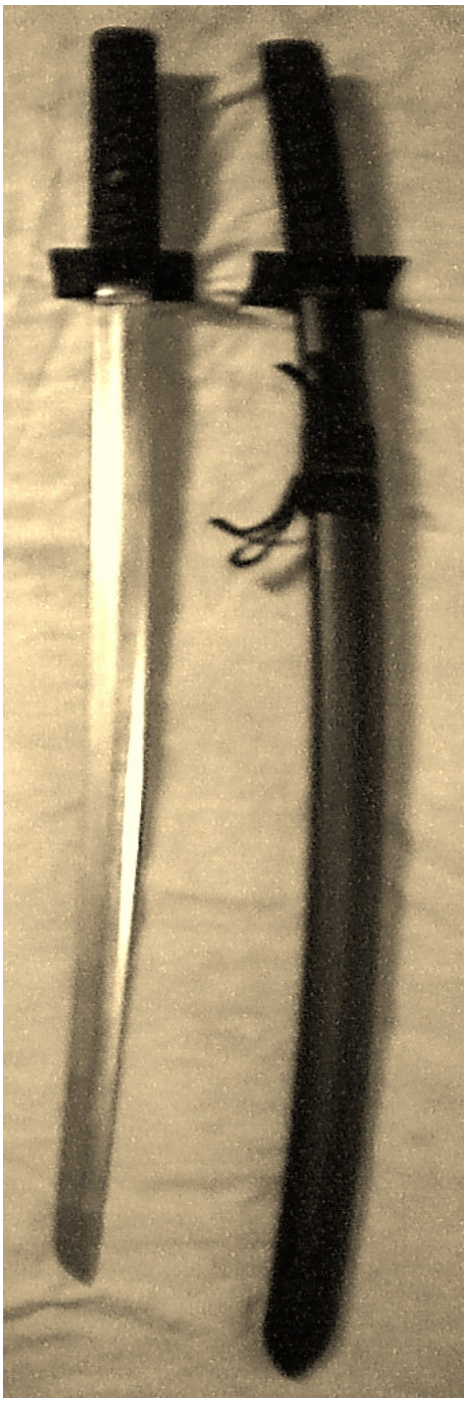
Next we see the ninja fall to the ground on his knees and forearms and position himself flat on the ground
Now the ninja rolls sideways on the dark ground! Left or right out of the path of where the samurai is walking
Since the ninja is now part of the ground he is now invisible because of the darkness

The most important thing is that the ninja drop to the ground in the dark and roll away out of sight of his opponent
So the samurai cannot guess where the ninja is laying and either attack him or recapture him



**The ninja sword**

# Ninja Ken



**Ninja Ken**
The ninja sword

Contrary to popular belief the ninja did not usually use a sword for combat like the Japanese samurai warrior
The average ninja were not very adept in fighting with a sword! And did not use them on a daily basis
The ninja were primarily spies, saboteurs and assassins and did not particularly excel at direct combat like a samurai
The ninja's usual weapon of choice was the commonly used farming sickle or kamma because it was a readily found item
And anybody searching a suspected ninja for weapons would only find commonly available farming tools

Japan is an island nation off the Asian continent and has no natural resources such as coal fields or iron deposits
And any raw industrial materials have to be purchased and imported from foreign sources such as China, Korea or Europe
Because mettle like steel had to be used for the most important uses only, Steel swords were very expensive
And most Japanese soldiers were men of the lowly borne classes trained to fight with spears and wooden shields

That is not to say that Japan was totally devoid of all the comforts and conveniences that iron and steel provided
Japan had a good source of iron trading with China and Korea for many thousands of years
And the Sea of Japan separated Japan from Mainland China, which in itself was not a relatively long journey
But these were the ancient times of feudal Japan when all mining had to be done by hand and pick ax

The Japanese shogun, to discourage revolution by the populace forbade the peasants to have any weapons at all
This in particular meant swords could not be owned by the average person, but by the upper ranks only such as the samurai.
And so the ancient ninja learned to adapt ordinary objects into weapons, a farmer's sickle was used as a kamma
The hand trowel became the deadly sai, and of course the ordinary rice flail evolved to became the nunchaku

Never the less! Some ninja being former Samurai were more expert than others in the arts of the katanna or samurai sword.
When the ninja wanted to acquire a sword he wouldn't ordinarily have the money to go to a professional sword maker
A village with a large population of ninja usually had a blacksmith who had at least some training in making swords
And wasn't afraid to break the law for a small or large sum of money
At other times a ninja would acquire a sword by attrition such as retrieving one from a defeated samurai warrior

But most ninja who used swords in their daily lives were former samurai warriors, who were outcast for political reasons or
Presumed misdeed, at other times a samurai warrior would serve his master by day and secretly work as a ninja by night
A ninja sword was different from a samurai sword in many ways. A samurai sword was made out of expensive steel
And made by an expert sword smith taking as long as two years to create each individual samurai sword
Each samurai sword was different from the other and made with artistic designs on the handle and scabbard

The ninja sword however was not crafted by an expert sword maker but made by a common blacksmith
A ninja sword is usually made from cheaply made high carbon steel and sometimes only iron.
The ninja to blade had to be made straight and not curved like the samurai sword because it was made by relatively
Untrained hands like blacksmiths. And the samurai swords were created by experts. Taking years to learn their craft
The ninja sword had an ordinary wooden handle braided with cotton wrap and a plain square hand guard (Tsuba)

As for functionality the ninja sword was much smaller than the samurai sword but had a multitude of different uses
The samurai sword was a lethal weapon used to kill and maim while a ninja sword was a lethal weapon as well as a tool!
The ninja sword is much smaller than the scabbard so the ninja can conceal objects inside the saya (Scabbard)
The square hand guard of the sword could also be used as a stepladder to leap or bound over walls and fences
While the saya (The Scabbard) was made out of hard wood or even iron so it could be used as a club if need be

The samurai considered their swords to be part of their very souls; each warrior was simply a temporary custodian of that sword
And did not actually own his personal sword because each samurai sword was a present from heaven to be returned later on
The ninja sword like all aspects of the ninja were both practical and multiple use equipment used to fight and defend
and as a tool to help him to survive to accomplish his mission whatever task that maybe
The ninja sword is just another tool in the ninja's vast arsenal of equipment

If you choose to make the Japanese katana a part of your martial arts training, you must practice constantly
Slowly developing and building your skills, the ability to attack with a sword is fine! But such knowledge is useless
Unless the practitioner can Block a strike and then make another strike out of the defending position he is in
The ability to use and to master a sword commands no small amount of respect in both the Asian and the western world
And the sword way or kendo is an excellent addition to any martial artist's skills

## Cleaning the samurai sword

No treatise about Japanese sword fighting would be complete without a section on the proper care of the sword
Whether you have a Ninja to or a samurai katanna you must spend some care on your sword to prevent rust and decay
A well-maintained sword is the hallmark of a fine swordsman

The ninja couldn't afford an expensive sword like a samurai had, but the ninja was able to purchase a much cheaper sword
Made by a blacksmith, the ninja sword was different from the samurai sword as the ninja sword had a straight blade
And were made out of cheap steel, and the samurai sword was curved and made out of much more expensive materials

If you purchased a cheap store bought sword then the mettle is probably 440-grade chromium stainless steel
And doesn't need much care except for an occasional wiping off with a damp cloth
440 Grade steel is very hard but very brittle, and a sword made from such mettle will break easily on impact
Nearly all modern swords manufactured today need very little care because they are made out of modern materials
Such as plastic! And the handle cannot be disassembled so you won't need to care for the handle or blade tang

If you purchased an expensive samurai sword then you have a wonderful art object indeed that will give you
Much pleasure and will greatly increase in value over time. But of course an expensive sword is expensive to keep
And of course from time to time you will have to disassemble the sword to give it a proper cleaning
For most Japanese swords you can remove the handle of the sword by removing the wooden peg in the handle
Then you can clean the spaces between the very end of the sword and the hand guard (Tsuba)

**To keep your sword in fighting condition you must observe some simple rules**

1. If your sword ever gets wet, stop immediately and wipe the blade off with a dry cloth
2. Never touch the blade with your bare hands or fingers, but if you do, then wipe the blade off immediately
3. Do not use your sword to cut greenery, wood or shrubbery. That is what a machete is built for
   The blade of a machete is balanced specifically for cutting wood and greenery out of your way
4. Every six months or twice a year inspect your sword for dirt buildup and rust
5. Always keep a thin film of oil on your blade, especially if you are placing it in long time storage
   Not any oil will do, clear non-corrosive gun oil will work but the best oil for a sword is ordinary mineral oil
6. Never drown your sword in oil; always wipe away any excess oil from your blade with a paper napkin

**The sword cleaning kit**

If you choose to make the Japanese sword a part of your martial arts skills
Then you will be well advised to create or acquire a sword maintenance kit as a part of your sword display
It is recommended that you purchase a small attractive wooden box to keep these supplies in
That way you can place the sword kit next to your sword stand and have it ready for when you need it

**The contents of a sword cleaning kit**

1. A small bottle of choji oil or common mineral oil 2. A silk bag containing uchiko powder
3. A small hammer 4. A small awl
5. A number of rice paper napkins 6. A empty container

**Cleaning the samurai sword**

To do most cleaning jobs on a samurai sword requires only a simple clean rag or napkin to wipe the blade off.
After with you must place a small amount of choji oil on a piece of rice paper and continue to wipe the blade
Being careful not to use too much oil, or to leave a huge amount of oil on the blade

For those times when you discover rust on your sword blade, lay your sword down and gently tap the peg out of the
Handle with the small hammer and awl, then slide the handle off of the sword tang and inspect the whole sword.
Begin cleaning the rust off of the sword by taping the small bag of uchiko powder on the blade
When you tap the uchiko powder bag on the sword you are releasing a small amount of powder out of holes in the bag.
Uchiko powder is made up of ground polishing stones; Tap the bag until you place a thin film of powder on the sword.

Next take a clean piece of rice paper out of the box and completely wipe down the blade in a polishing motion.
When you are finished throw away the used rice paper napkin you used to polish the sword.
Then pour a small amount of oil on another piece of rice paper and thoroughly wipe the blade leaving a thin film of oil.
Afterward replace the handle back on the sword and gently tap the wooden peg back into the handle
And replace the sword back into its saya. (Scabbard)

**Ninja Kenjitsu**
Ninja Sword Technique

**Wearing the ninja sword**
The ancient ninja warrior had two different ways of wearing his sword, on his belt or over his shoulder.
The saya or scabbard had a cord tied around it so it could be looped around his obi or belt.
This cord can also be wrapped around the ninja's torso and used as a shoulder belt for the sword.

**Basics of the sword**
1 Emoto (Griping the sword)
2 Batto (Drawing the sword out of the sheath)
3 O-Chiburi (Shaking blood and gore from the sword before returning to the sheath)
4 Nodo (Returning the sword to the sheath)

**Stances with the sword**
1 Attention Stance Musubi dach
2 Neutral Stance Otoku kama
3 Fighting Stance Kamae kata
4 Lower Stance Gedan no kamae

**Fighting Positions**
1 Chudan no kame (Arm outstretched slightly downward, Sword pointing upward to opponents throat)
2 Wakki-gakame (Arm outstretched downward sword pointing downward to floor)
3 Waki (held downward to right side, Sword tip pointing to floor, blade edge pointing toward target)
4 Sei-Gedan (Held downward to left side, Sword tip pointing to floor, blade edge pointing toward target)
5 Jodan no kame (Sword held overhead, Sword tip pointing to the back)
6 Jodan (Sword held directly overhead pointing low to the back)
7 Seigan (Sword held vertically in front of shoulder, sword tip pointing directly up)
8 Chudan Tsuki sword resting horizontally on raised elbow Tip pointing toward opponent

**Strikes**
1 The overhead strike O-ba-kiri
2 The downward diagonal strike Nanameburi
3 The upward diagonal strike Sayu Men
4 The left side strike Hidari Waki Kiri
5 The right side strike Sasoku Waki Kiri
6 The cut Kiri / Uchi
7 The thrust Dotatsu / Tsuki

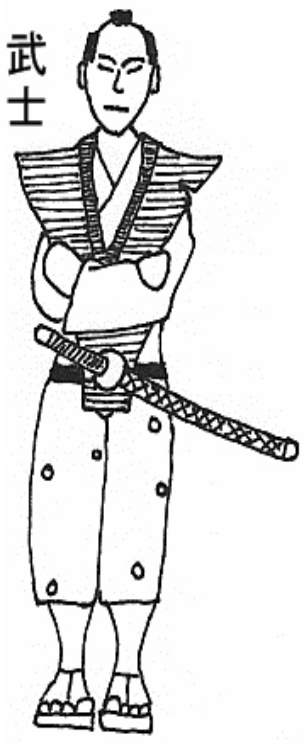
**Blocking & Parrying**
1 The left overhead guard Sasoku o-ba-uke
2 The right overhead guard Ontou o-ba-uke
3 The left middle guard Sasoku Chuuhan uke
4 The right middle guard Ontou Chuuhan uke
5 The left low guard Sasoku Ro-uke
6 The right low guard Ontou Ro-uke

**Striking targets**
1 Top of the head Shomen-uchi
2 Front or side of the neck Jodan
3 The torso Do Uchi
4 The hands and wrists Kote Uchi
5 The thighs Ashi Uchi

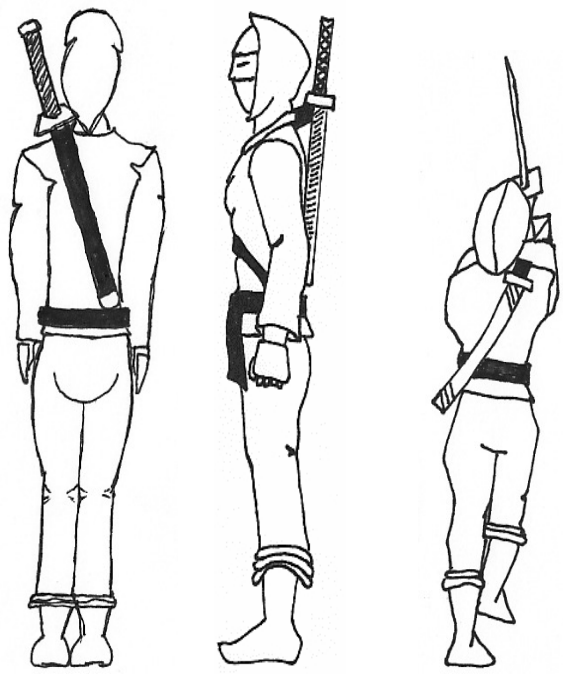
**Ninja Kenjitsu**
Ninja Sword Technique

**How to wear a ninja sword**

**On the belt**
The ninja sword has a cord on the scabbard that allows it to be tied to the belt along the ninja's waist
This is the same way most samurai wear their swords

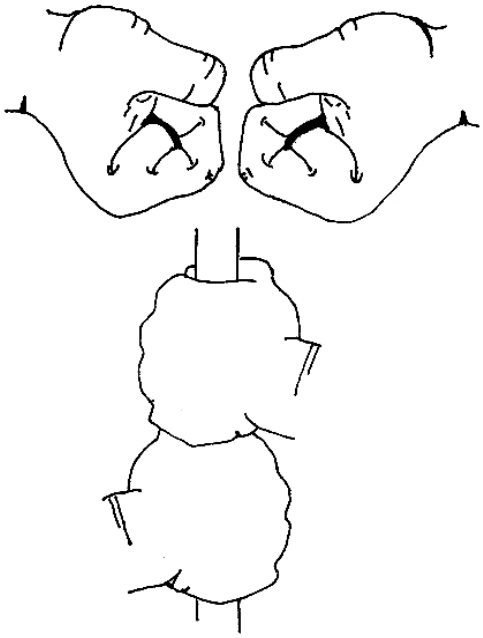



**Over the shoulder on the back**
The ninja sword has a cord tied around the scabbard, which allows it to be attached to the ninja's
Clothing in many different ways such as the waist or over the shoulder

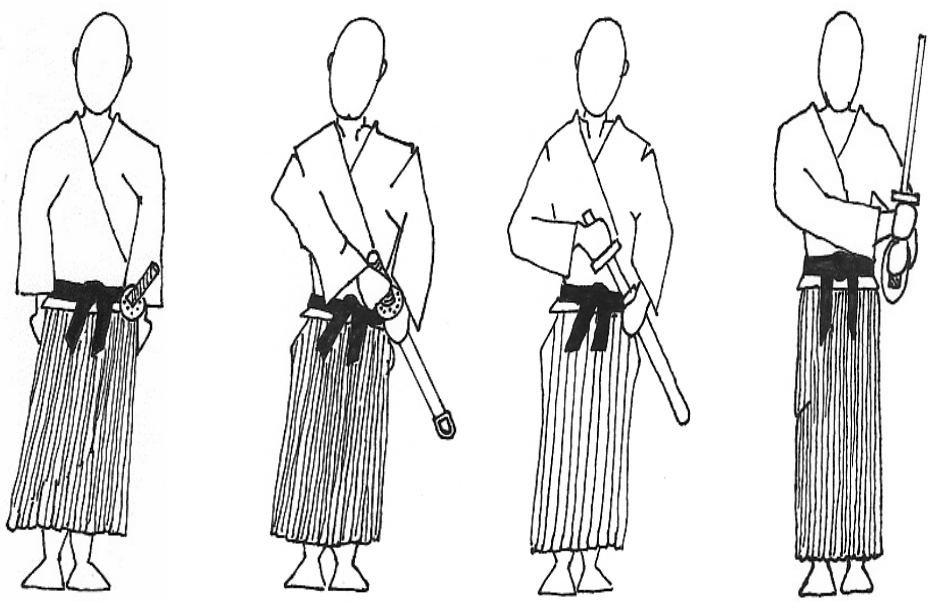


**Ninja Kenjitsu**
Ninja Sword Technique

**Griping the sword with the hands**
The ninja sword like the samurai sword is wielded with both hands at all times, even when drawing out of
The scabbard or saya,



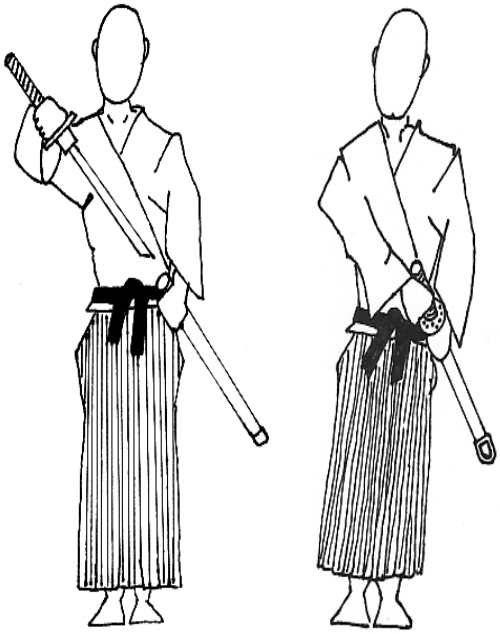
**Batto (Drawing the sword out of the sheath)**
Place both hands on the sword handle and sheath, Twist the sword handle outward slightly and press your thumb
On the sword hilt until it moves upward slightly, then pull the sword out and upward and into fighting position



**Ninja Kenjitsu**
Ninja Sword Technique

**O-Chiburi (Shaking blood and gore from the sword before returning to the sheath)**
Blood or any other kind of liquid may cause the sword to rust and make the blade hard to retrieve from the sheath
Simply draw the arm back and upwards and rapidly flip the blade downwards
A simple flick of the wrist can shake off any gathered impurities and make the sword ready for further battle

**Nodo (Returning the sword to the sheath)**
To replace the sword back into its scabbard quickly place the sword along the bottom of the scabbard
Pinch the flat top of the sword with your fingers and pull it directly strait upwards until the tip is next to the opening of the saya
Release your thumb and thrust the sword into its protective sheath



**Ninja Kenjitsu**
Ninja Sword Technique

**Attention Stance Staff Musubi dach**
Both ankles are together with the feet pointed outward
Arms are down at the sides

**Ken Jutsu Sitting Stance**
This is how you will sit when not participating on the mat
Or waiting before the class begins

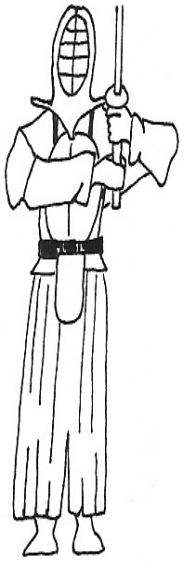
**Fighting Stance Kamae kata**
This is the basic fighting stance in kenjutsu

**Low Stance Gedan no kamae**

**Ninja Kenjitsu**
Ninja Sword Technique

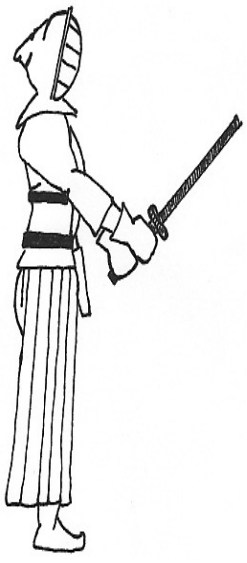
**Seigan**

Sword held vertically in front of shoulder,
sword tip pointing directly up



**Chudan no kame**

Arm outstretched slightly downward,
Sword pointing upward to opponents throat)



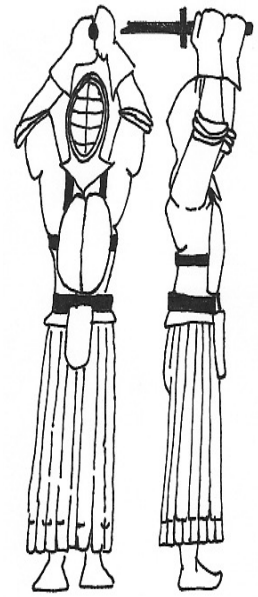
**Wakki-gakame**

Arm outstretched downward
sword pointing downward to opponents feet

**Ninja Kenjitsu**
Ninja Sword Technique

**Jodan no kame**

Sword held overhead
Sword is level with the tip pointing to the back

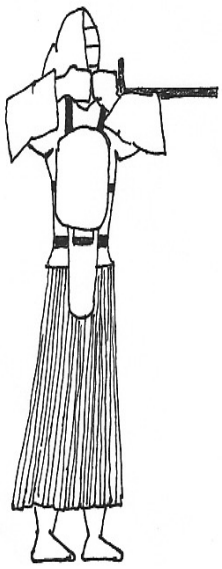


**Jodan**

Sword held directly overhead
tip pointing low to the back

**Chudan Tsuki**

sword resting horizontally on raised elbow
Both hands are on the handle Tip pointing toward opponent
This is preparing to make a thrust at your opponent



**Ninja Kenjitsu**
Ninja Sword Technique

**The left overhead guard Sasoku o-ba-uke**
With the sword handle at your right side.
Position the blade so that the tip is over your head on your left side

**The right overhead guard Ontou o-ba-uke**
With the sword handle at your left side
Position the blade so that the tip is over your head on your right side

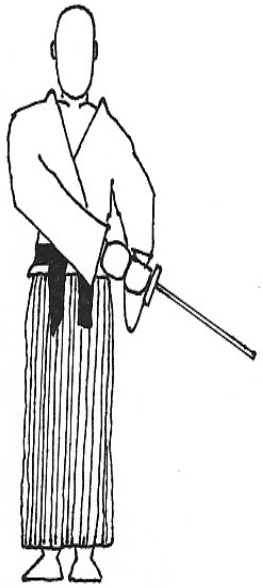
**The left middle guard Sasoku Chuuhan uke**
With the sword in your left position hold the handle upward at chest level

**Ninja Kenjitsu**
Ninja Sword Technique

**The right middle guard Ontou Chuuhan uke**
With the sword in your right position, hold the handle upward at chest level

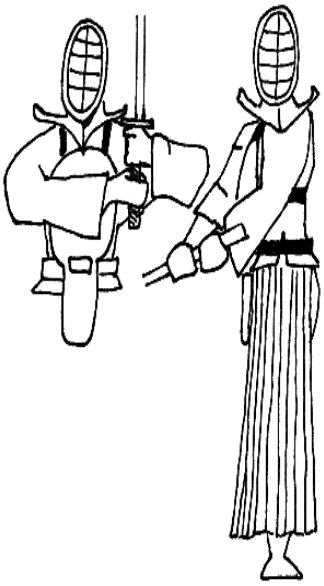
**The left low guard Sasoku Ro-uke**
With the handle in your left position, Hold out your arms downward downward and point the blade downward at an angle

**The right low guard Ontou Ro-uke**
With the handle in your right position. Hold out your arms and point the blade downward at an angle

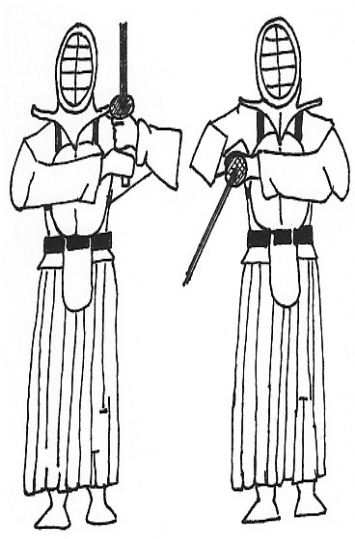


**Ninja Kenjitsu**
Ninja Sword Technique

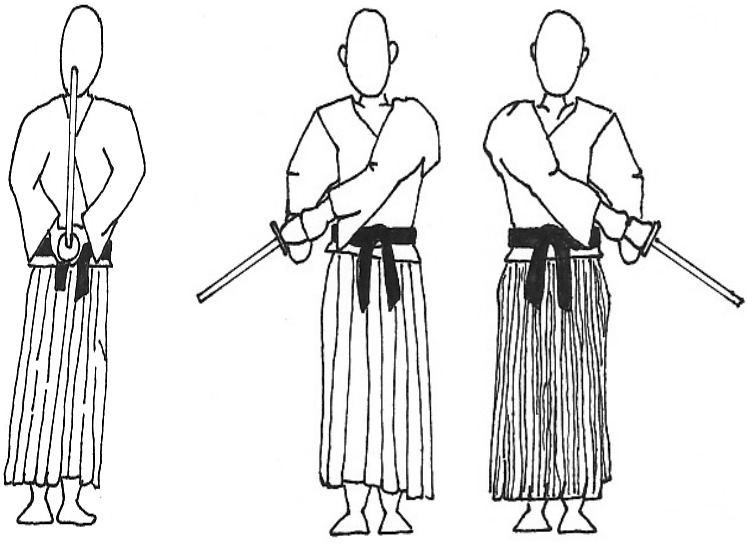
**The left side strike Hidari Waki Kiri**
With the sword in the left side guarding position or Sasoku Chuuhan uke
Bring the sword into a right sweeping arcing motion across your chest and strike your target



**The right side strike Sasoku Waki Kiri**
With the sword in the right side guarding position or Ontou Chuuhan uke
Bring the sword into a left sweeping arcing motion
across your chest and strike your target

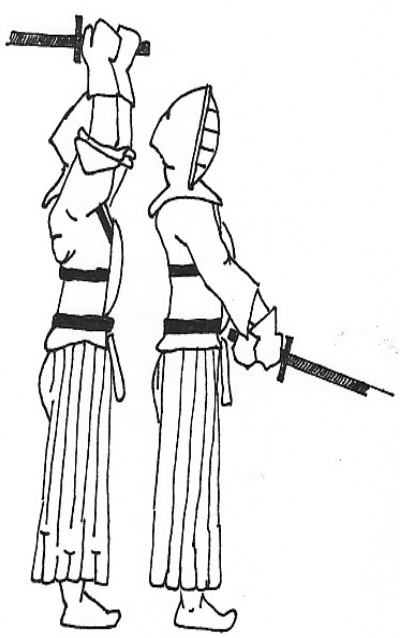


**The cut Kiri / Uchi**

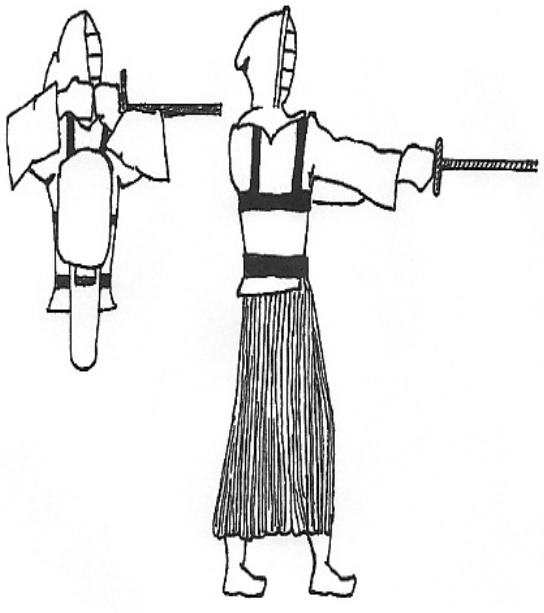


**Ninja Kenjitsu**
Ninja Sword Technique

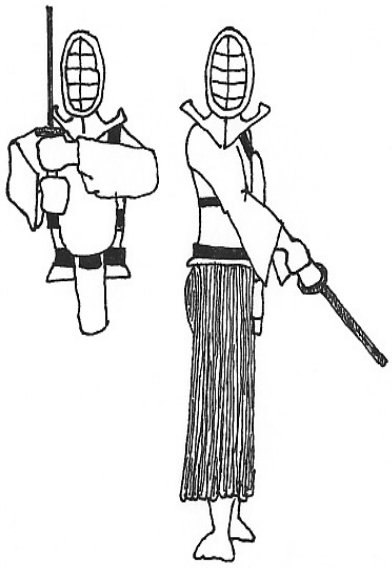
**The overhead strike O-ba-kiri**
The ninja sword is held directly over head like the jodan no kame
Then bring the sword down onto the target in a downward arc
While the sword is striking its target pull back on the handle
and slice your target as you strike it



**The thrust Dotatsu / Tsuki**
With the sword resting on your elbow pointing forward at your opponent



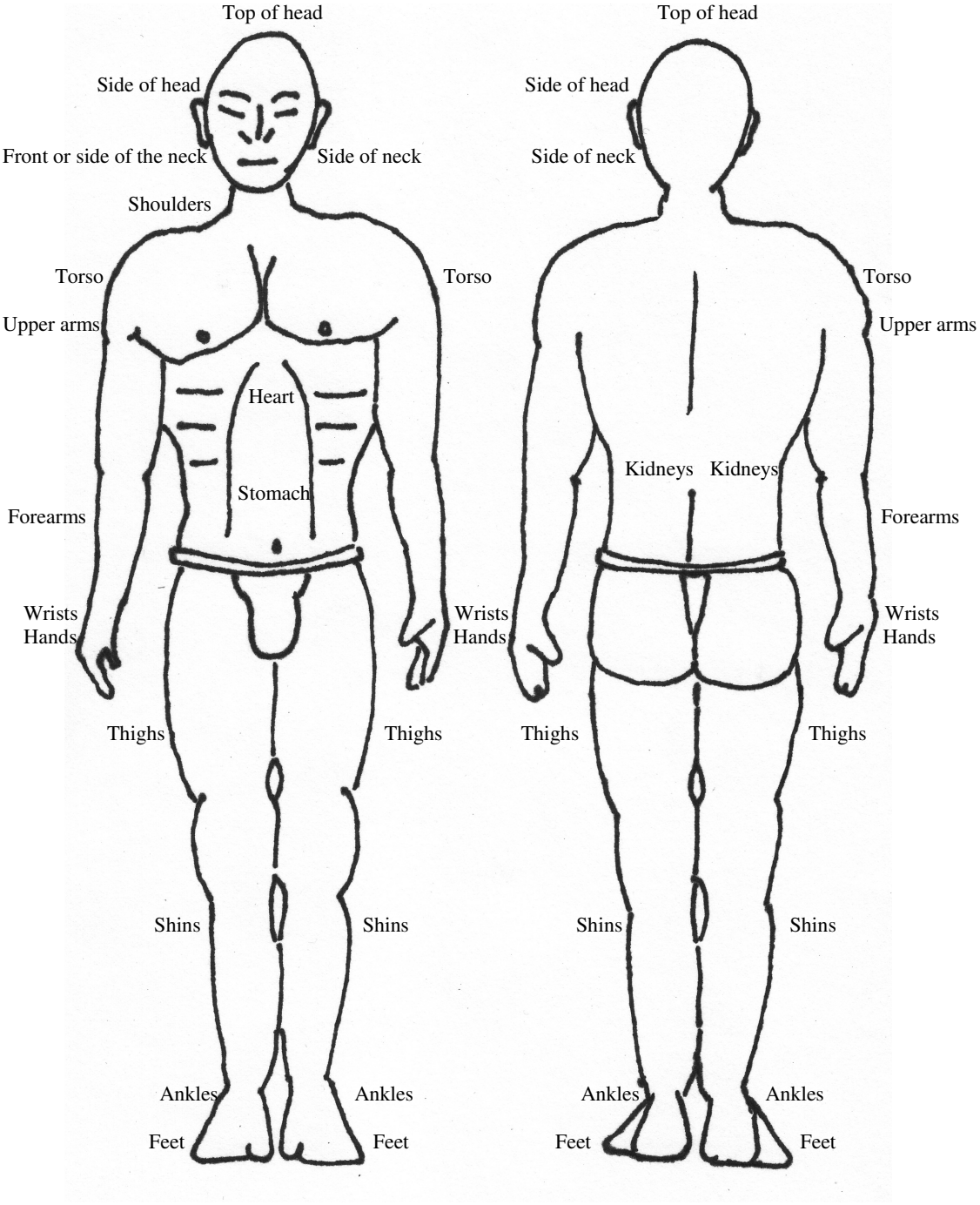
**The downward diagonal strike Nanameburi**
For this strike supposing the sword is in the upper right side
fighting position or Ontou o-ba-uke
Simply bring the sword downwards to the left opposite side of the body
in an arcing fashion to strike your target



**The upward diagonal strike Sayu Men**
For this strike supposing the sword is in the lower side fighting position
or waki,
Simply bring the sword upwards to the opposite side of the body
in an arcing fashion to strike your target

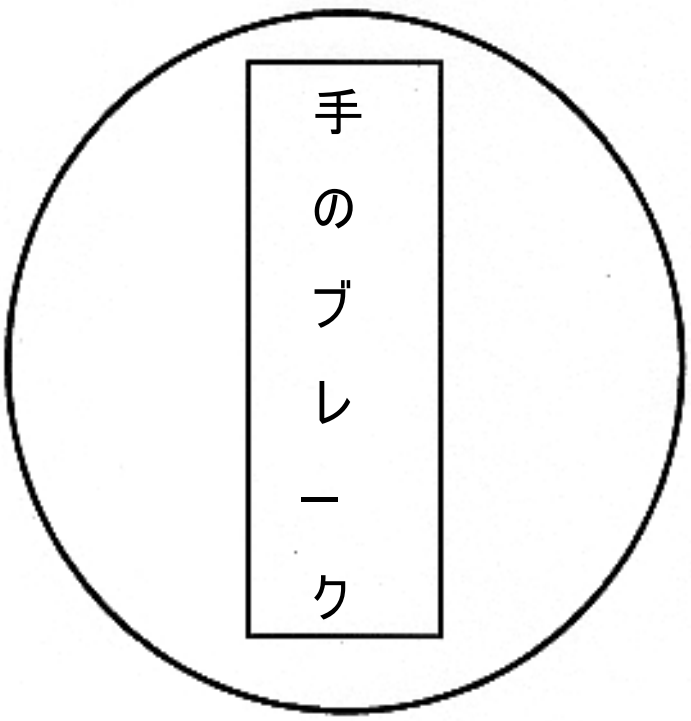
**Ninja Kenjitsu**

Striking targets for the ninja sword



**Chapter 4**
Black Belt Tai-Jutsu
The Board Break Test

Breaking boards
For classroom demonstrations



**Black Belt Tai-Jutsu**

Breaking boards for classroom demonstrations

**SPECIAL NOTE:** For all board breaking tests, the student must always perform in front of the instructor
This is a matter of courtesy to the instructor and safety for the student

**Student Etiquette for the board break test**

When the student is ready to perform the board-breaking test for martial arts class it is always advisable
To adhere to the proper manners of the break test, these are not some silly rules
But time tested precautions that have been observed by martial artists for thousands of years

The first rule is that the board must be held by no fewer than two students, no matter what technique the
Student will use while breaking the board wither it is a kick to the board or a punch to the board.

The second rule is that the student must first announce the technique he will perform before he makes the attempt
That way the students holding the board will be able to hold the board at the proper height and angle

The third rule is that the student can take only one chance at a time to break the board
But if he fails he must then pause for a moment before performing another technique on the board
That way the students holding the board will be able to recover their strength and prepare for the next attempt

**The Breaking Board**

The most common board used in all break tests is a dried white pine board no more than 1 inch thick
This board is cut into many sections of 11 inches long by 11 inches wide
One single pine board represents the amount of energy needed to break a small bone, such as a rib bone
Two single pine boards put together represent the amount of energy needed to break a large bone
Such as an arm or a leg bone

The skill of board breaking goes back many thousands of years to test the student's ability to inflict damage upon
An adversary without actually hurting anybody
Today the board break is performed to demonstrate the student's skill and for crowd pleasing effects

**The Break Test**

The break test will require three students, one student to break the board and two students to hold the board
Two students will hold each one side of the board
For the board break test the board must be broken by speed and not by strength
The sudden rapid shearing force on the board is what breaks it in half and not any kind of crushing force
The early martial arts masters could use every moving part of their body to perform the break test
But for this class we shall only use our hands and feet to break boards

There are many good methods of performing the break test with the hands
The simplest way to break boards with the hands is the palm heal strike
For a palm heal strike the student must align his body exactly 4 inches away from the board to be broken
His palm heel must also be 4 inches away from the board pointing at the top center of the board

**Note:** Always hit the center of the board near the very top, this will induce a shearing action in the wood
And reduce the likelihood of damaging or even breaking your hand

The simplest way to break a board by kick is to use the front snap kick

**Black Belt Tai-Jutsu**

Breaking boards for classroom demonstrations

Pictured here is a standard white pine board on a stand
For traveling demonstrations we use cinder blocks stacked side by side

First the student must align his body with the board
Stand to the side of it at a sideways angle

Form a palm fist and twist your hand outward a little
Your arm should be chambered so your elbow is pointing behind you

Lean forward rapidly and thrust your palm heal forward twisting it upward
When your chest is about 4 inches above the board let your hand strike the board
At the very top center of the pine board

If successful you will have sheared the board in two pieces

**Chapter 5**
Ninja Training Manual

**The ninja combat guide**
This section deals with the aspect of combat for the ninja operative

**Special Note:** This treatise on combat is not to be given to or shared with anyone outside this ninja clan
The section of this book deals with the art of war and combat, and should not be considered lightly

Prudence and discretion is always advised when including this combat guide in your karate course.
The Ninja combat guide is not intended for anyone under 17 years of age or younger.

**In this section you will learn how to**
The ninja command structure. The ninja on a mission or combat
Meditation before and after a mission Gathering and releasing energy for combat
The Ninja command hierarchy The 3 levels of ninja consciousness
The 10 rules of ninja combat. A ninja espionage mission
A ninja attack mission Target atlas of the human body

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**Ninja combat guide**

The ninja on an espionage mission and as an attack group

**The ninja command structure**

All ninja command hierarchy's work on a three level system. The top man, The middleman, And the bottom man.
The ninja chief or **Jonin** (Top man) is the leader of all the ninja's, His identity is always secret even to his own
Group of ninja's, the top man would choose the mission, make the all of the arrangements for the other ninja's
And select the mission goals for success.

The second person in the ninja command hierarchy was the **Chunin** or (middle man)
The chunin was usually the ninja who collected the money from clients and delivered it to the ninja master
The chunin was also the person who communicated the orders from the jonin or top man to the acting ninja agent
The jonin could be considered a general while the chunin was an officer, and the acting ninja was a soldier

The third person in the command structure was the acting ninja agent or **Ghenin**, this was the (bottom man)
Or soldier for the ninja clan, the ghenin was the ninja who would actually carry out the ninja mission
The ghenin or bottom man would be acting on the orders of the jonin or top man
But would only receive all of his orders and communications directly from the chunin or middle man
This was usually espionage but also could be theft, sabotage or assassination.

The mission would begin when a client such as a troubled warlord would travel to a known ninja village
Or a town with known ninja sympathies and ask to see the village chief or town master
Usually these people would know who the local ninja were or at least know how to get in touch with them
Most often a client would need the services of a chunin ninja or ninja middleman
It was the chunin who collected the money or lucre for the ninja chief who would then make all the arrangements

Almost immediately after receiving the money the ninja chunin or middleman would contact the ninja jonin
The jonin or top man was the chief ninja; the identity of the ninja jonin was always secret even from other ninja's
The jonin or top man would decide if his ninja clan would take the mission or not.
The jonin also made all the arrangement for the mission, including choosing the appropriate agents and mission goals
Once everything was arranged the next phase was given to the acting ninja ghenin or bottom man

**The ninja hierarchy during training**

The average ninja begins his training for a lifelong career as a ninja as soon as he is old enough to walk
This is because most ninja's themselves are the later offspring of other ninja's
So a child will begin learning the ninja trade from his or her parents, and later on begin taking lessons from other
Siblings such as older brothers or cousins, It is only later that the ninja shall begin lessons from a sensei or teacher
So the usual family pattern of control is used in that the parents supervise the older children who instruct the young

**The ninja command structure in combat**

As you have already read, The Jonan is the highest level of ninja, and the Chudan is a midlevel ninja commander
And the Ghenin is the ninja agent. These three levels of command comprise the ninja command hierarchy
A typical ninja combat team consisted of five members, a jonin or sub-commander and four ghenin or ninjas
It didn't matter how many hundreds of ninjas were involved in a battle, the chain of command always remained the same
A battle with over a thousand ninjas consisted of many teams of only four Chunin ninjas and one Ghenin commander

**Ninja Combat Guide**

The ninja on an espionage mission and as an attack group

**A ninja espionage mission**

A typical mission for a ninja would be to locate a hidden army and count the number of troops
And if possible discover the enemy's plan of attack and the route they will be taking to accomplish this

One popular disguise for the ninja was a common sake peddler
The ninja would inquire from everyone he met along the road as to where any soldiers could be found
On the pretext of selling his supply of sake or liquor this in itself, was a great source of information
Eventually somebody would remember seeing some soldiers gathering in a particular area
And the ninja agent would of course travel there immediately to sell his wares

Upon discovering the location of the enemy camp the ninja would try to gain entry under the pretext of selling sake
If the ninja was not allowed entry by the guards the ninja could attempt to bribe them with the sake to gain entry
Once there the ninja under the guise of a country peddler would immediately sell or give away the sake to the soldiers
And begin gossiping with the soldiers, how many men are in this camp? Where are you traveling to next?
What is the name of your commander?

It's interesting to note that the exact retail sale of sake or rice wine was unimportant to the ninja for the mission
The barrel of sake though relatively expensive was used only as a part of the ninja's disguise while in this camp
This disguise enabled the ninja to travel from soldier to soldier and ask questions without raising any suspicion
And as a tool to bribe the guards to gain entry to the camp and to get the soldier's drunk and plies them for information
The cost of such a large amount of sake was just another disposable operating expense for the ninja

Upon uncovering all this military information, the ninja would then leave the camp and return to his ninja masters
And make a full report to the chudan or middleman of his clan of what he did and what he personally observed
In return the chudan would report to the jonin or top man, and any further decisions would be made at this level

**A ninja combat mission**

A ninja is typically used as an espionage agent and as an assassin but generally not as a common fighter or warrior
Yet there are times when a group of ninja's will be used as fighters for some important purpose
A typical ninja attack team consists of four ninja's and a commander working together as a team of five
This attack team may enter an area openly. Wearing disguises or may enter an area covertly at night

For an attack mission a group of ninja's will often enter an enemy's camp wearing the very uniform of the enemy
The concept is that the ninja can blend in with the other soldiers until time for the attack and be in a better position
To dispose of the guards at the gate or the watchtowers, or perhaps throwing open the gates to an attacking army
The sight of an army's own troops fighting against them can disrupt an enemy's moral within its very own ranks
The idea that the man standing next to him may be a ninja and is planning to kill him can greatly disrupt moral

It would be a simple matter for a ninja dressed as a soldier to set a fire to the camp as a part of a larger sabotage plot
Such as livery stables where valuable horses are kept, and plenty of flammable dry hay is lying loose on the ground
This way a ninja can cause insurmountable loss and damage to an army camp without actually fighting.
Yes the ninja could kill and do damage as a warrior but his main skill was to cause massive casualties by sabotage

There were other rare times when a small group of ninja was used to directly attack someone or something
If a ninja were disguised as a farmer it would only be natural for the ninja to use farm tools as weapons
Such as the sickle, the kama, or sickle is a well-known martial arts weapon and traditional weapon of the ninja
A ninja disguised, as a sake brewer would naturally have sharp mettle bung puller for his sake barrels
A tool shaped like a large ice pick used to pull plugs out of barrels and use these as typical ninja weapons

And yet there are other times when a group of five ninjas will simply attack someone or someplace
And attack them working together to cause as much damage as possible
Five ninja archers may attack a small soft target such as a farmhouse full of enemies

**Ninja Combat Guide**

The ninja on an espionage mission and as an attack group

**The Ninja attacking a castle or fortress**

Suppose there was a heavily guarded castle and a local shogun wanted to invade and capture that fortress
The shogun had a large army but a direct attack on the fortress would cause great loss of life to his own soldiers
And a long siege would be very expensive and no guarantee of success, the shoguns only other option was to
Employ ninja's to infiltrate and weaken the castle's defenses so the shogun troops can attack and capture it

For the ninja there are only two ways to enter an area to make an attack

1. **Infiltration by way of deception**

This technique involves disguising oneself as a wine seller and carrying a small barrel of sake strapped on his back
The ninja would travel to the castle and try to enter the castle to sell his wares to the soldiers
Like soldiers anywhere they would welcome the disguised ninja with open arms to purchase something to drink

2. **Direct infiltration**

This technique can be used in many ways such as climbing over the castle walls at night using a grappling hook
Or sneaking past the guards to gain entry, once inside the ninja would immediately dispatch or remove the guards
And throw open the gates for the shogun's army waiting outside to enter and invade

**A ninja assassination mission**

Suppose there was a pretender to the throne and a local shogun wanted that royal person removed
The shogun could not simply kill him because it would likely remove his own chances of becoming emperor
And the death of a competing royal would invite other pretenders to the throne to make their own grab for power
So killing him would cause more trouble for the shogun than it would cure
So the shogun would resort to hiring a ninja to remove the problem for him without his seemingly involvement

1. **Assassination by means of ambush**

The ninja is a master of blending in with the scenery. That is where the ninja gains his power of invisibility
The ninja may hide along the roadside within the tree line and wait for his intended target to pass by
Once the subject has arrived on the scene the ninja can then rush out and kill his intended victim
With any number of methods such as a bow and arrow or even using a sword to dispatch his target

2. **Assassination by means of deception**

The ninja is also a master of disguise and can enter a subject's house dressed like a traveling salesman or peddler
The ninja may gain entrance to a house under the pretext of discussing something important with the owner.
While in private with his victim he may kill him and leave quietly before the servants discover the master
Of the house has been killed assassinated.

3. **Assassination by means of infiltration**

Sometimes the household is too well guarded and the ninja must enter the house secretly for his mission
This can be done in any number of ways
Such as climbing over the walls at night when the master is asleep and silently forcing the door open
Once inside the household the ninja can sneak into the bedroom and then kill the sleeping master

**SPECIAL NOTE**

Whenever a samurai warrior is going to kill a sleeping person he will rudely kick him until he awakens
And then throw his intended victim a sword; this is a tradition of Japanese bushido
However the fate of a captured or cornered ninja is far from that of a captured samurai warrior
A samurai will have no hesitation is killing someone who is even suspected of being a ninja

You as a ninja, are not a samurai, and thus are not governed by the same laws or traditions of bushido
You are governed by the laws of practicality and you should seize your opportunities as you find them where you find them
That means that your should accomplish your mission by any means necessary to further this particular goal
And return to your clan as soon as possible and only fight when confronted by danger

**Ninja Combat Guide**
How to meditate before and after a battle
The Hamm-sa method

**Why you should meditate before a mission**
The reason that meditation is so important before and after any mission a ninja will undertake is because meditation
Will help calm a ninjas mind and body

**How to meditate**
Find a quiet area in your home and place a comfortable mat on the floor; some people take this time to burn incense
Nearly everyone who meditates sits in the lotus position but you can also do this in a comfortable chair.
First clear your mind of all reason and worry. Just empty your mind into a peaceful silence
Breathe in deeply and exhale slowly, imagine all worry and troubles are beginning to melt away
As you breathe inward imagine the word “Hamm”, and as you slowly exhale think of the word “Saww”

1. Breathe inward slowly and think “Hamm”
2. Release your breath slowly and think “Saww”
   PAUSE
3. Once again inhale and think “Hamm”
4. Then release your breath slowly and think “Saww”
   PAUSE

I want you to picture in your mind the image of an island, it is a small peaceful island surrounded by the ocean
There is nobody to be seen on this island paradise, this Island represents your life as a ninja, and you are this island
This island is silent except for the occasional chatter of birds and mysterious, just like you the ninja is

In the middle of this island is a great mountain; this mountain symbolizes your strength and immovable spirit
Imagine the tremendous waves of the ocean pounding against the side of this mountain
There is a sudden roar of cold salt water against the rocks and then a growing silence as the wave’s crest
As you breathe inward think “Hamm” and imagine the ocean waves crashing against the mountainside
As you exhale think “Saww”, and imagine the ocean waves quietly receding back into the sea

1. Breathe inward slowly and think “Hamm”
2. Release your breath slowly and think “Saww”
   PAUSE
3. Once again inhale and think “Hamm”
4. Then release your breath slowly and think “Saww”
   PAUSE

HAMM is the great roar of the ocean waves rising into the air and splashing onto the mountainside.
SAWW is the sound of the water rushing back to the sea from whence it came from

Once you have relaxed you mind complete the meditation by slowly relaxing the parts of your body
Concentrate first on your feet, feel the tension slowly leaving your feet
Feel the relaxation entering your feet, then concentrate on your feet and legs relaxing together
Concentrate on the muscles in your stomach relaxing, and then feel the tension in your chest disappearing
Finally relax your head and feel the tension leaving your eyes

It is very important to meditate immediately after a ninja mission or even after any battle because
Meditation will release the tension and turmoil from your mind accrued from the strenuous events of the day
The life of a ninja must always deal with pressure of espionage and the possibility of being caught or killed
Meditation will relieve your mind of any guilt you may feel after you have completed your mission
The battle is finished, that part of your life is over now, Now is the time to rebuild and prepare for the future

This is called the Ham-sa meditation technique, nearly every book or paper written on the subject of
Meditation includes this technique as part of its study materials because it’s fast and easy to learn
It has no definitive Chinese or Japanese origins of this meditation and its is probably as old as mankind
This is the simplest of all forms of meditation and has been practiced in the east for many thousands of years.
And because of its simplicity and effectiveness, it continues to be used by martial arts students or masters alike

**Ninja Combat Guide**

How to gather and release energy for fighting

For the ninja the ability to gather and release energy for combat cannot be underestimated
The difference between life and death for the ninja, and victory or defeat for your masters is the ninjas own energy
The ninja have long since known that controlled energy such as stamina is the key to all victory and not raw strength
If that were not so, then a common woodland bear could be the emperor over all of Japan
And the local village idiot would a great mathematician instead of being a samurai

When the ninja is in danger he can call upon vast amounts of energy from his own body whenever it is needed
The ninja is indeed the master of gathering and releasing energy for combat

**The technique for gathering energy**

Stand in front of a strong light source and cast a shadow on you wall, while standing in front of your shadow
Say the word "**READY**"; you will notice that nothing much happens when you first say ready.
Now you want to say "**READY**" once again, But this time take a combat stance in front of your shadow
Do you feel that slight tingle? That is a tiny amount of energy being generated by your body at your command
Now that you have discovered that you can generate energy you must learn how to create more and control it

Once more stand in front of your shadow and say the word "**READY**" and assume a combat stance
When you assume a combat stance such as the cat stance you are placing your muscles in a strategic position to move
Such as pulling string of a bow back as far as you can from the center of a bow in preparation of shooting an arrow
It is the energy stored in this cord that shall send the arrow flying forward toward its target
Your muscles act in the same way; they store energy under tension until you are ready to release it for movement

**The technique for releasing energy**

Now that you have learned how a ninja gathers and store energy when needed
You are now ready to learn how to release all of that stored energy for fighting

While standing in front of your shadow I want you to say the word "**GO**" and perform a sudden karate strike
After you made that karate chop why do you feel so weak? Where did all of that energy go?
When you released the stored up energy in your muscles you released the energy forward toward that shadow
That energy is gone; you will never see that energy again. You have used up all that stored energy on a shadow
You have now learned to gather and release enormous amounts of energy for fighting

The Ready-Go mantra is the ninja's tool to gather and release energy
Now I want you to think of your body as a huge bow, twisting your muscles and sinew under great tension
Ready to be released when ready at an attacker
Stand in front of a mirror or cast a shadow on the wall and practice assuming karate stances
Say the word "**READY**" and feel the sudden energy traveling through your body, you are now prepared to fight
Say the word "**GO**" And perform any karate technique, you are now releasing all of that energy during the fight

1. Chant the word "**READY**" and assume a karate stance
2. Shout the word "**GO**" And perform a karate punch at your opponent
3. Chant the word "**READY**" and assume a totally different karate stance
4. Shout the word "**GO**" And perform a karate kick at your opponent

Whenever you as a ninja are in combat with anyone it is good to remember that you have been trained to
Gather and release energy at will to strike at an enemy
And that most other people such as the samurai class or common criminals will only tense their muscles for fighting
Very few martial arts styles use dynamic muscle movement as a part of their teachings
And of course no group of thugs or criminals use disciplined martial arts instruction as a basis of combat

The READY-GO technique also works very well with the ninja multi level of consciousness technique
Such as when traveling about you are in the second level of consciousness and you see a dangerous looking thug
When you adapt the third level of consciousness quietly say the word "**READY**" and prepare for fighting
And when the moment arrives, simply say "**GO**" and give this common criminal the thrashing of his life

**Ninja combat guide**

Preparing for combat, the three levels of fighting consciousness

**For the ninja there are three levels of combat awareness**

For the well-trained ninja there are exactly three different and distinct levels of human awareness
Level one, Level two, and level three-awareness, there is little or no need to call them anything else
Folks in some western countries consider there to the a red, yellow and green light for this technique

**The first level of awareness is the relaxed level**

The relaxed level is a natural level you don't have to assume, it just comes automatically when you feel safe
Such as being safe and secure in your own home and there is no need to be concerned about attackers

**The second level of awareness is the caution level**

This is the most common level of awareness used during the day when you are traveling about the countryside
The second level of awareness is achieved by constantly scanning your surroundings for any signs of trouble
You can learn this level of consciousness in a day by simple practice, and exercising your mind
By not concentrating on yourself, but focusing on the people around you, it is possible to sense danger automatically

When traveling about in public you should always adopt the second level of awareness at all times
The second level of awareness is the most important level in your daily life
When leaving a shop or store, always scan ahead for trouble, do you see anything suspicious? Is anyone lurking about?
Paying attention to your natural surroundings is the second level of awareness and the most important level

**The third level of awareness is the danger level**

The danger level is when you are sure that you are about to be attacked by a foe
When confronted by an attacker, forget the world around you and focus all of your attention on your foe
Look for an opening in his defenses and attack immediately, don't hesitate during the fight for he who hesitates is lost.
This is taking the third and highest level of awareness the danger level

**Training you mind for the multi levels of consciousness**

As you begin your day stop for a moment when you walk out the door and take look around you, it may seem silly
At first but you are actually training your mind to achieve the second level of awareness!
And you should practice this exercise almost daily, Even if you know there is probably nobody in the area
Look for signs of people doing anything out of the ordinary; is anybody just standing around by himself?
Do you see anybody standing close to something that he can run or hide behind, Such as a car or a fence?

To train your mind for the third level of awareness you should prepare yourself mentally for an attack
Place a lamp behind yourself so that you are casting a shadow on the wall and stand close to your shadow
Now block out all other thoughts in your head except for the shadow that stands before you
Don't think about hurting the shadow, don't think about getting hurt! Just focus on the image of the shadow!
Now summon up all your strength and speed while looking for an opening in the shadows defenses and strike!

**Shadow boxing is good martial arts training!**

Now concentrate on the words, third level for attacking or defending
Some folks in western countries focus their minds on a red light for danger, but the choice is yours
You can see the outline of a human being and prepare to fight anybody, Even if you do not fight ten thousand men
You can fight ten thousand shadows and come away with the training and experience of fighting ten thousand men

**Ninja Combat Guide**

Ninja Tai-Jutsu used in warfare

**The 10 rules of ninja combat**

These are the ten common sense rules of combat you should observe during a mission

1. **Have faith in your trainers and ninja masters**
   These instructors have years of knowledge and experience in the fighting arts to impart to you.
   Yes! There are other forms of karate such as Kung fu or Jujitsu, but there is no best form of karate
   Study this form of karate and master it, and you too shall become a karate master

2. **Have faith in your own training and skills**
   Have faith in your karate skills and not in somebody else's karate skills or the lack of them
   If your foe brags about his fighting skills like a fool, then he probably is a fool and has no skills whatsoever
   If you have trained well in karate then you are almost sure to prevail victoriously or at least drive him away

3. **Always strike first when you get close to your enemy**
   If you wait like a gentleman for your opponent to make the first aggressive against you
   He will probably take advantage of your hesitance and make the first blow against you!
   If you strike first! You are reducing the time your opponent has to attack you or take counter actions against you

4. **Always strike first with the arm or with the leg closest to your enemy**
   These are not the most powerful techniques but they are the fastest techniques to strike your enemy
   With speed you are reducing the time your opponent has to duck or block your strikes
   Speed and stamina! And not brute strength is always a ninja's first choice of weapons during a fight

5. **Always begin your attack with stabbing techniques and follow up with slashing techniques**
   Begin by punching your enemy with a front jab or kicking him with a front snap kick
   This is always a fast move and may take much of the energy away from your enemy
   A slashing attack like a knife hand strike should only be performed on a weakened or depleted enemy
   The general rule is a stabbing strike is a speed technique and a slashing strike is a power technique

6. **Always maintain your fighting stance during combat**
   Never perform any technique that will move you out of the protection of a stance even for a moment
   A stance helps you to block and parry strikes against you
   And a proper stance puts you in a better position to use your arms for strikes and legs for kicks

7. **Move or circle your enemy to put yourself in a better position to strike**
   You should always close in fast and attack first before an enemy can strike you or take counter measures
   If you cannot find and opening in his defenses then circle around or behind your opponent
   And place yourself in a position to take advantage of any openings in his defenses
   Circling your enemy like a shark or a wolf will make him nervous and he may back away

8. **If you're fighting an enemy who is bigger or stronger than you are**
   Guard your head as much as possible and attack your enemy's legs with kicking techniques
   Get in close and strike him with hand techniques Stay in close. Don't let your enemy use their arms or legs
   Effectively, then circle your exhausted opponent and strike him with some quick techniques.

9. **If you're fighting an enemy who is smaller or weaker than you are**
   Don't be overconfident that you use shear strength to defeat him. That is always a mistake
   You don't know how fast or strong he is. And when you do it may be too late
   If you are taller than he is Use your size to stay out of his reach of his arms while you strike him

10. **If you're fighting an enemy who is faster than you are:**
    Try to stay in place and make your enemy use up as much of his energy as possible to fight you
    Drive him to travel a little faster or force him to move his arms a little faster and burn up his stamina
    When you sense the moment your enemy is exhausted, close in and strike him fast.

**Preparing for battle**

This is the most important phase in mastering the martial arts of the ninja for combat
It is the real life situation of combat and this is not the fighting you do in karate class.

During a war a single battle may last as long as the sun is shining, then resume the very next day
All hand to hand combat between any two fighters may take 3 minutes or less. And ends when one fighter
Has received 2 or 3 painful blows and backs away or escapes

**Preparing for a battle**

1. Do not worry about not knowing enough karate. You only need to know a few karate techniques
   To win a fight with anyone because a fight takes only a short amount of time
   Learn a few simple karate techniques and practice them diligently until you become an expert

2. Any fight whether it is a simple fistfight or a karate battle usually takes only 3 minutes or less
   A fight usually ends when one-fighter backs away, usually after taking 2 to 3 blows in a sensitive area

3. Never attack with only one technique. (Punch and pray)
   Have a second technique planned when you have completed your first move or technique.

5. The police response time to arrive at a location is usually between 15 to 17 minutes
   As you can surmise in a situation where you are forced to fight, you must fight and win immediately.
   And leave the scene quickly and as discreetly as possible.

**During the battle**

When you sense danger from somebody! STRIKE FIRST! Do not rationalize your situation
When your attacker throws a punch at you, Block it, then close in rapidly and perform a strike immediately

1. When your enemy comes within striking distance, strike him first!
   If you allow your opponent make the first aggressive move then you have already been defeated

2. Attack the eyes or throat as soon as possible! The eyes are very sensitive to pain of any kind and a small abrasion
   To the eyes can cause temporary blindness, even temporary blindness on one eye can panic an attacker.

3. Attack the thigh, knee, and the shin as a secondary target, if your opponent cannot travel then is helpless

4. When your opponent is drained of energy, close in on him rapidly and attack a vital area to finish him off.

5. If you must remove or throw an attacker out of your way soften him up first with 2 to 3 karate strikes
   Then you may perform a karate throw on him

6. Leave the scene quickly and as discreetly as possible.

Your first blow will probably be your best and most devastating to an adversary!
So make it count by hitting something painfully sensitive! Then quickly follow up by hitting other sensitive areas.

The Eyes Sensitive area
The Philtrum (Between the nose and mouth) Sensitive area
The Mouth Sensitive area
Under the ear (Where the upper jaw meets the ear) Sensitive area
The Jaw (The Front Tip of the Jaw) Temporarily Disabling
The side of the neck. (The Carotid Arteries) Temporarily Disabling
The upper neck. (The Larynx) Potentially Lethal
The lower neck. (The Trachea) Potentially Lethal
The lower chest. (The Solar Plexus) Temporarily Disabling
The outer thighs. (The Common Perennial Nerve) Temporarily Disabling
The lower Legs. (The Knee) Temporarily Disabling
The lower Legs. (The Shin) Temporarily Disabling

Continued on page 130

**Preparing for battle**

Continued from page 129

**When in a fight you should only concentrate on these three target areas**
The idea is you want to bring the fight to a quick conclusion by attacking a vital or sensitive area
1. The Eyes.
2. The Neck.
3. The lower legs or shins.

These are the best areas to strike to take someone out of a fight fast, or disable any attempt to pursue you
It is not necessary to break a bone or damage his flesh to disrupt and deter further attacks
To break an attacker leg bone will stop him from pursuing you, but a painful leg muscle will do as well
Just cause a painful abrasion to an area of his body that you do not want him to have full control of

**Your first choice of a target should be any one of the eyes**.
Any strike such as a one-knuckle blow can cause an attacker incredible pain and temporary blind your assailant
Even a small strike to an eye can cause immense pain and disorientation
And allow you a chance continue your attack or to escape.

**Your second choice of targets should the front of the neck**
Any strong blow to the front of the neck could be stunning or could cause choking, because only 5 pounds
Of force could break the thyroid cartilage in the larynx, the neck should be considered a lethal target
And a blow to the neck may allow you a chance continue your attack or to escape.

**Your third choice of targets should be the shin or the lower legs**
The shin is an incredibly sensitive area of the human body, a blow here can cause immense pain
A large enough blow to the shin can cause the relatively smaller leg bone to break or fracture
And a blow to the shin may allow you a chance continue your attack or to escape

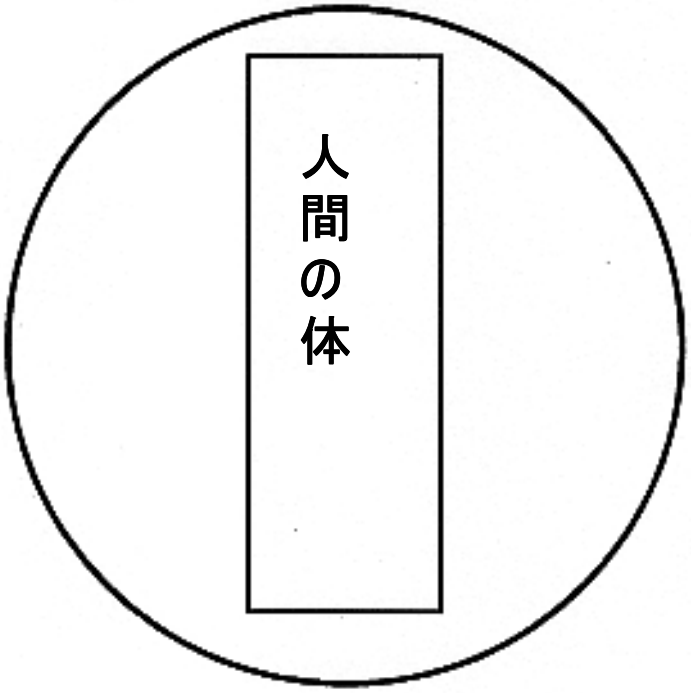
**Don't waste your time striking the groin**
The groin is the best place to kick to deter an attacker, but most thugs' will be prepared and will counter this move
A front kick to the groin is not recommended because this technique can be too easily countered and rendered useless
Most everybody can easily dodge a swift kick to the groin simply by twisting their hips or pelvis to the side
Today you see people kicking each other in the groin on TV. Mostly because it's comedy and not serious fighting
Usually a person talking about a kick to the groin is just verbal rhetoric and not meant to be taken seriously

**After you have dispatched your attacker**
After the fight is over presuming you have already defeated your aggressor, you must leave the area immediately
Most thugs travel in small groups of two and three and your assailant may have a partner in the crowd
And you don't' want to stay in the area to find out if he does, Also being in a fight may incite others to attack you
So it is always a good move to leave the area immediately following an attack by anybody

In a violent encounter you will have to depend on yourself without expecting the help or assistance of others.
A violent attacker will not care what the cost of his actions will have for himself other people
But you will be stuck with the results of for whatever happens No matter what that is.
And you can be certain of receiving public disapproval for whatever happens even though it's not your fault

1. Do not stay and chat with your friends and about the fight, nothing has happened that you are aware of.
2. Do not talk to anybody while leaving the area, you were involved in nothing.
3. Do immediately travel to the next convenient public place and call a taxicab to pick you up.
4. Do not talk to the taxi driver about what has just happened. You were involved in nothing.
5. Do not take the taxi directly to your front door; get dropped off maybe a few streets away from your home.
6. Do walk directly home and say nothing to anybody you see along the way. You were involved in nothing.

**Chapter 6**
Ninja Training Guide




**Target atlas of the human body**
This section deals with the aspect of attack and combat for the ninja operative

**Special Note:** This treatise on combat is not to be given to or shared with anyone outside this ninja clan
The section of this book deals with the art of war and combat and should not be considered lightly

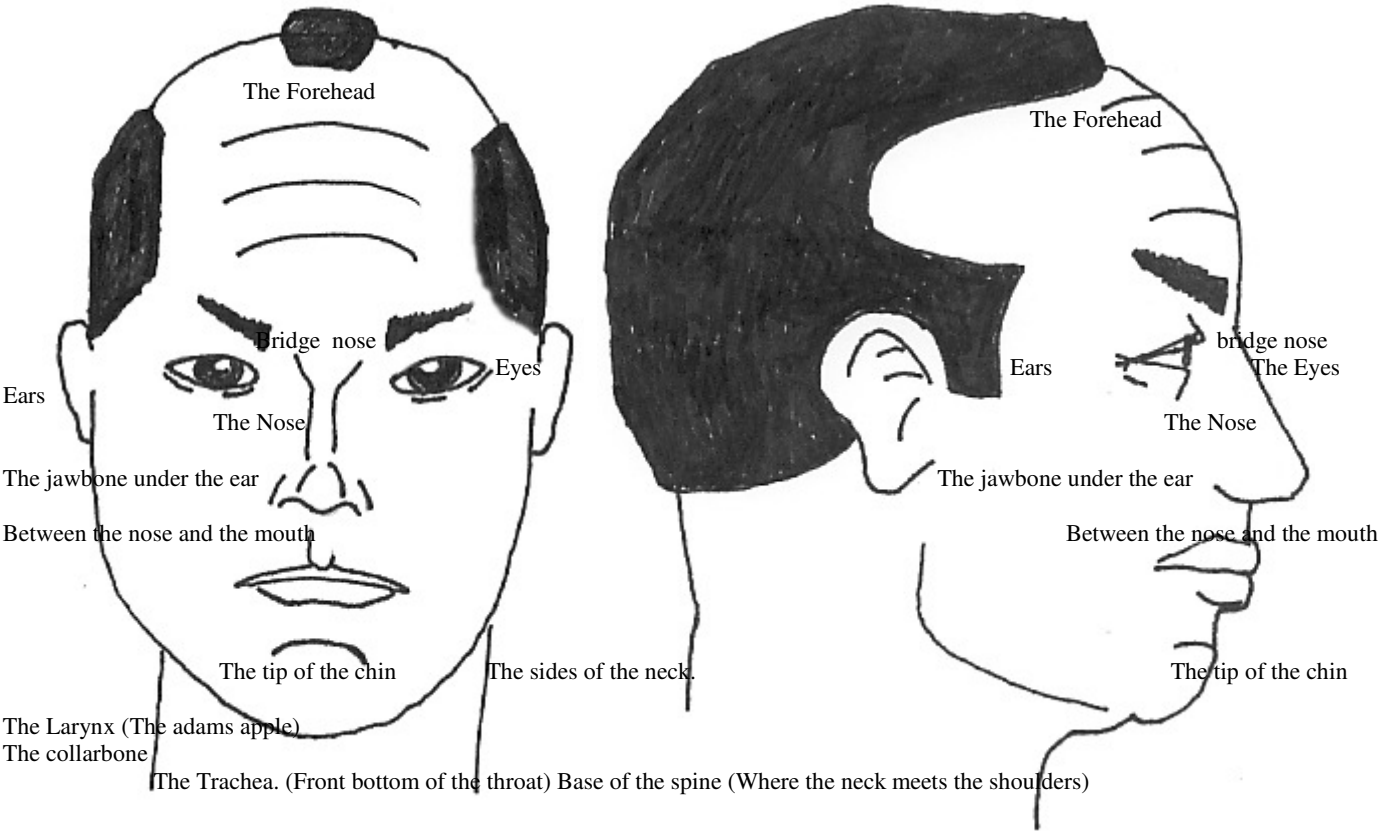
Prudence and discretion is always advised when including this combat guide in your karate course.
The Ninja combat guide is not intended for anyone under 17 years of age or younger.

**Target atlas of the human head**

Target areas of the human body as prescribed by Tora Tai-Jutsu

**SPECIAL NOTE** Memorize striking the target areas of the human body for karate class
Having an automatic response to a target area makes the ninja the world's most lethal fighter

**SPECIAL NOTE** The clear majority of the lethal target areas of the human body are found on the head and neck
Making the head your first priority in any kind of human combat



**Target atlas of the human body**

Target areas of the human body as prescribed by Kuroi Neko Tai-Jutsu

The Forehead
The Eyes The Eyes

The Ears The Ears The Ears The Nose The Ears
Between the nose and the mouth Mouth
The Jawbone under the ear
The sides of the neck Base of the skull The tip of the chin
The collarbone The Larynx
Base of the spine Trachea

Under the nipples
Between the shoulder blades

The solar plexus.
Floating ribs
Kidneys Kidneys Kidneys
Stomach
Under the navel
Tail Bone
Groin
The Common Peroneal Nerve along the outer thigh

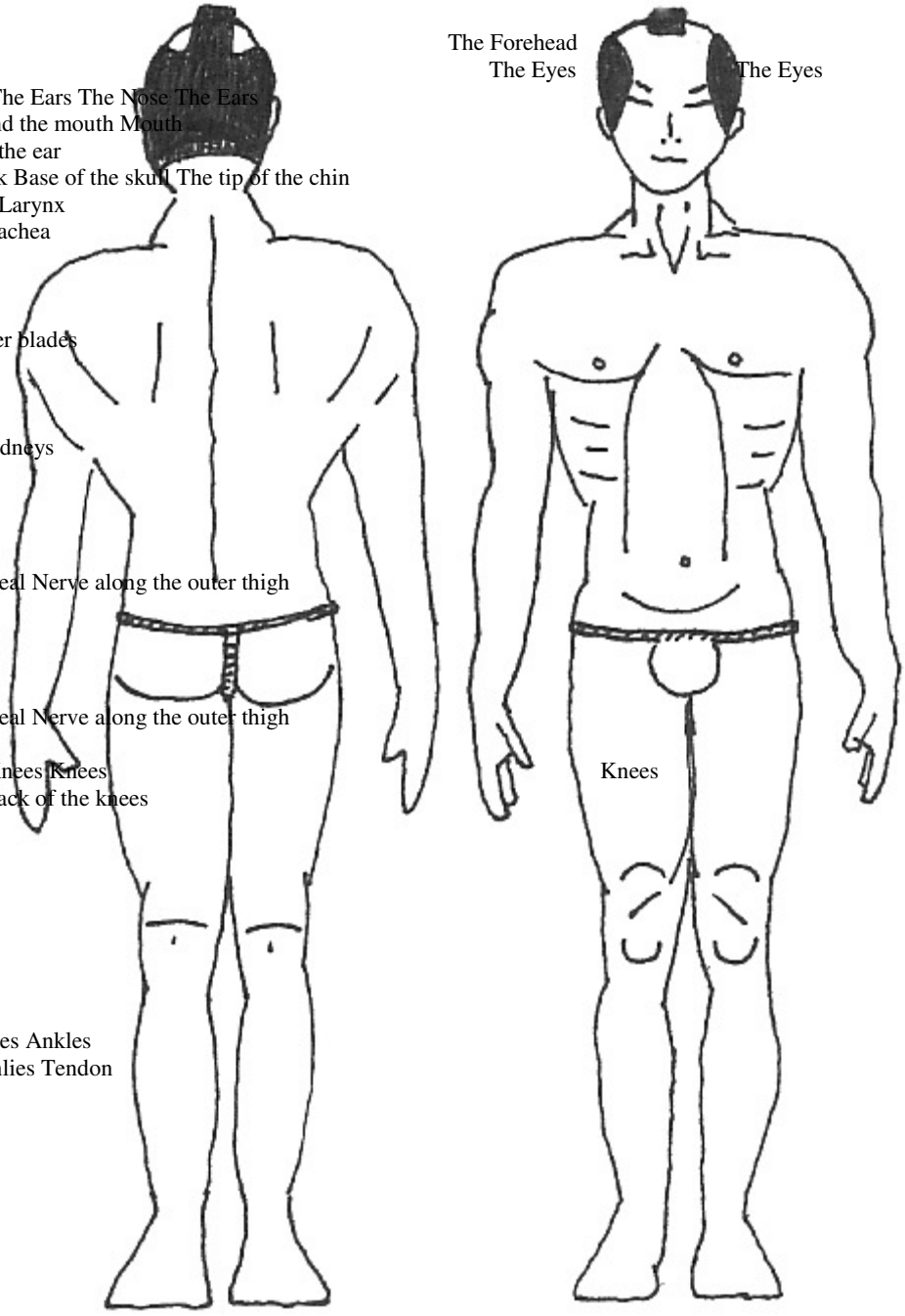
The Common Peroneal Nerve along the outer thigh

The outside of the Knees Knees Knees
Back of the knees Back of the knees
Inside of the Knees

Shin Shin Shin Shin

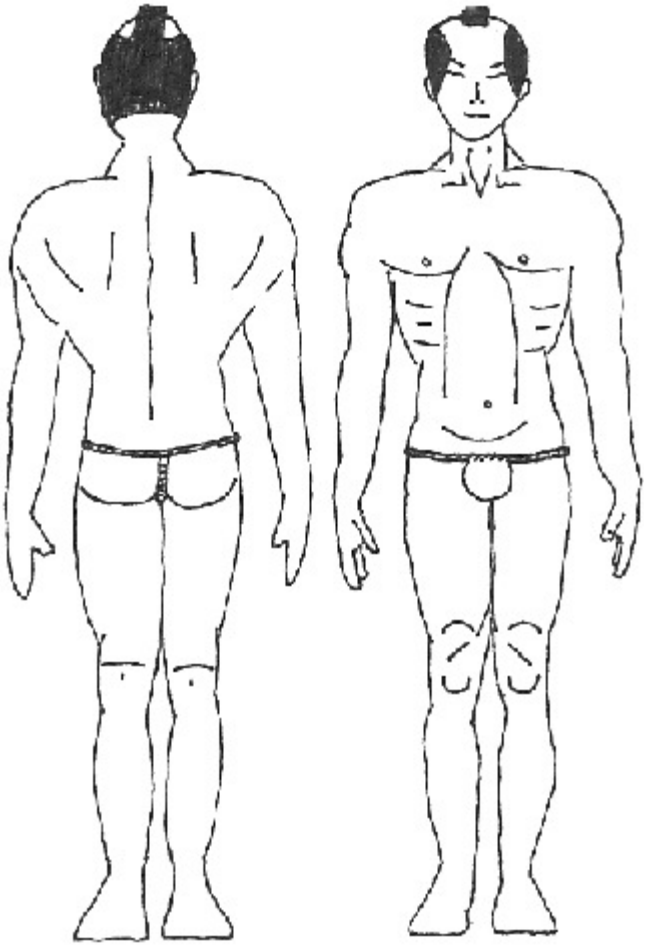
Calves Calves

Ankles Ankles Ankles Ankles
Achlies Tendon Achlies Tendon



**Target atlas of the human body**

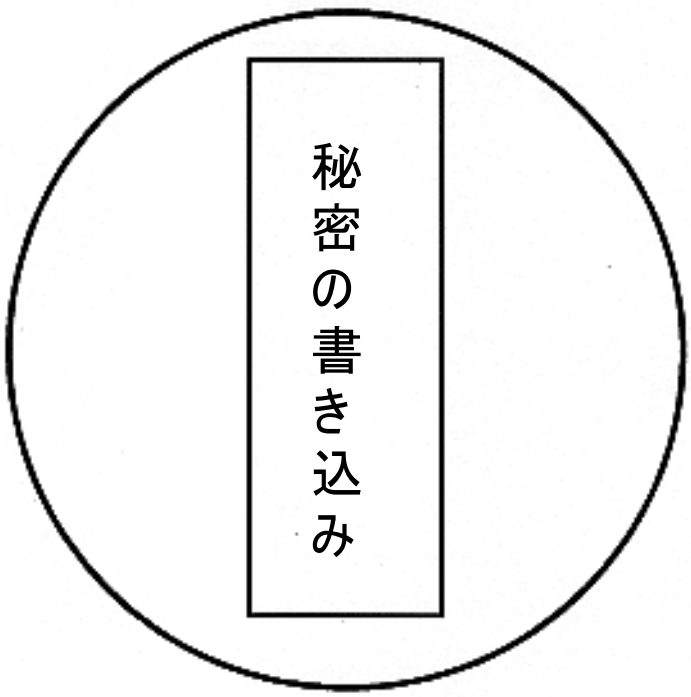
Target areas of the human body as prescribed by Kuroi Neko Tai-Jutsu



Synopsis on the sensitive and potentially lethal areas of the human body

1. The Forehead Sensitive area / potentially lethal area
2. The sides of the upper head Sensitive area
3. The eyes Sensitive area / permanently disabling area
4. The bridge of the nose. Sensitive area
5. The nose Sensitive area
6. The Philtrum between the lips and the nose Sensitive area
7. The mouth Sensitive area
8. The tip of the chin temporarily disabling area
9. The section of the jawbone below the ears. Sensitive area
10. The Larynx (The thyroid cartilage) potentially lethal area
11. The Trachea. (The bottom of the throat) Potentially lethal area
12. The base of the skull (Where the head meets the neck) potentially lethal area
13. The Ears Temporarily disabling area/ permanently disabling area
14. The base of the spine (Where the neck meets the shoulders) potentially lethal area
15. The sides of the neck (The carotid arteries) temporarily disabling area
16. The solar plexus temporarily disabling area
17. The floating ribs. (The bottom of the rib cage) Temporarily disabling area / potentially lethal area
18. Directly below the nipples Sensitive area
19. The stomach temporarily disabling area / potentially lethal area
20. The kidneys temporarily disabling area / potentially lethal area
21. The groin Sensitive area
22. The coccyx (Tail Bone) temporarily disabling area / potentially disabling area
23. The Outside of the thigh. (The Common Perennial Nerve) Temporarily disabling area
24. Knees. (Knee cap in front or any side of the knee) Sensitive area / potentially disabling area
25. Shin Sensitive area
26. Calves Sensitive area
27. Ankles, Front / Back Sensitive area
28. Feet, Front / Back Sensitive area

Ninja secret message
And code writing techniques



**Special Note:** For European publications of this book, the traditional Japanese numbers have been removed and replaced With English numbers for the benefit of western readers and scholars of the subject
Traditional Japanese words are written down as pictographs or pictures of words and not as individual letters such as The European language uses so an adjustment was made to replace Japanese pictographs with individual European letters

**Traditional Japanese numbers with English translation**

1 一 Ichi or One
2 二 Ni or Two
3 三 San or Three
4 四 Shi or Four
5 五 Go or Five
6 六つ Roku or Six
7 七 Shichi or Seven
8 八 Hachi or Eight
9 九つ Kokonotsu or Nine
10 十 Juu or Ten
11 十一 Juu-ichi or Eleven
12 十二 Ju-uni or Twelve
13 十三の Juu-san or Thirteen
14 十四 Juu-shi or Fourteen
15 十五 Juu-go or Fifteen
16 十六 Juu-roku or Sixteen
17 十七 Juu-shichi or Seventeen
18 十はつ Juu-hachi or Eighteen
19 十九 Juu-kyuu or Nineteen
20 二十 Ni-juu or Twenty
21 二十一 Ni-juuichi or twenty one
22 二十一 Ni-juuni or Twenty two
23 二十三 Nijuusan or Twenty three
24 二十 四 Niju-shi or Twenty four
25 二十五 Niju-go or Twenty five
26 二十六つ Niju-roku or Twenty six

**Secret Messages**

Codes, Ciphers, and Secret Messages

In the shadowy world of espionage the Ninja is a master and without peer.
One of the many dark and arcane arts of the ninja is the art of sending and receiving secret messages
This is a very important skill, the ability to send and receive orders or information over long distances
Without the fear of interception by the local authorities can mean the difference between life and death for the ninja

Each ninja clan has its own Cipher and Encoding Protocols as any country has its own language
No two clans have ever had the same code
As a matter of fact, any single ninja clan may have dozens of secret codes for their own use
As well as secret letter writing techniques to hide these codes

The ancient ninja of Japan primarily worked with only three different types of communication
Writing letters, sending messages hidden within objects, and giving messages by word of mouth
When a ninja writes a letter he is actually sending a hidden message. That is a message was secretly hidden
Between the paragraphs of the letters, sometimes the ninja wrote secret information in invisible ink
And other times the ninja wrote small notes and sent them in small objects such as a piece of bamboo

Most ninja preferred to send messages sensibly over the mails without drawing suspicion to him
Just writing a typical letter to his ninja superiors with a few choice coded sentences included usually meant that
His espionage mission was a complete success most successful ninja were experts in coding and decoding messages
A good coded message can only come from long hours or practice with a good code kit

First as a ninja you should assemble your very own personal cipher kit and not borrow such materials from others
Or share the papers, codebooks, secret inks or contents with anyone else in your clan.
For instance you do not want any personal information about yourself or your mission to be accidentally disclosed to others
Or information about another agents or mission to be confused with your message
If another ninja is captured with your secret letters then both of your missions may be placed in jeopardy
It's always best to prepare your own secret message kit and dispose of its contents all by yourself

If you are using papers written by another student then if your letter is intercepted by unfriendly hands
The small scrap of writing the other student had made on the paper no matter how insignificant it may appear to be.
Could very well be used as a possible code key by another code master to break the secret code of your letter
And put your very life and the success of your mission in jeopardy not to mention putting your clan in danger

**Assembling a secret letter kit**

It's always advisable to purchase a small wooden box to keep these supplies together
1. Ordinary letter writing paper and envelops
2. Writing materials such as pencils (The ancient ninja used wood pegs and a bottle of Ink to write letters)
3. A small bottle of invisible ink (Invisible ink may be substituted by raw Lemon juice)
4. A small notebook or notepad
5. A small empty bottle
6. A silk or cotton handkerchief
7. A small box of matches
8. A candle
9. And most importantly of all! The code or cipher book you will carry for your missions.

**And Remember!**

Never share any writing papers or cipher materials with the other students of ninjitsu
Even seemingly blank papers may have old and forgotten messages or information written in invisible ink
And when prepared by the reader, whatever was written on it will come out all at once as one single message
And confusing or misleading information can be deadly on a ninja mission

**Secret Messages**
Codes, Ciphers, and Secret Messages

The Secret Letter

**On writing a secret letter**
The basics of writing a secret letter have not changed for thousands of years. And will no doubt go on for thousands more!
A secret letter is actually two different letters on one single piece of paper
The first part is called the “DUMMY LETTER” and the second part is called the “SECRET LETTER”

In a dummy letter you are always writing about the most mundane, boring and innocent things imaginable
This is in case your letter is intercepted and read by the authorities, It will look like an average ordinary letter
And not raise any suspicion about you or your intentions

In the Secret Letter Part you are later filling in information about your mission
This is always written in secret or invisible ink and will later become readable when exposed to extreme heat

But you are always leaving a small amount space between the lines and sentences of your letter
Just the small white spaces underneath your paragraphs and sentences and not in between the words

Just the small white spaces underneath your paragraphs and sentences and not in between the words
XXXXXXXXXX WRITE SECRET MESSAGE IN INVISABLE INK IN BLANK SPACE HERE XXXXXXXXXX

Just the small white spaces underneath your paragraphs and sentences and not in between the words

Just the small white spaces underneath your paragraphs and sentences and not in between the words
XXXXXXXXXX WRITE SECRET MESSAGE IN INVISABLE INK IN BLANK SPACE HERE XXXXXXXXXX

Just the small white spaces underneath your paragraphs and sentences and not in between the words

Just the small white spaces underneath your paragraphs and sentences and not in between the words
XXXXXXXXXX WRITE SECRET MESSAGE IN INVISABLE INK IN BLANK SPACE HERE XXXXXXXXXX

This is where all of your secret writing shall be placed later on in the letter! Usually this is done with
The invisible ink in your kit after the dummy letter has been written
Sometimes the dummy part of the letter is written days or even weeks before it is sent
Your kit may contain dozens of such pre written dummy letters so you will be ready to mail reports as fast
As you can write them

**Working with invisible ink**
Invisible ink is difficult to make or come by and should be used sparingly
That is why you should always put the cap back on the bottle of the invisible ink when finished,
If you cannot acquire invisible ink, then you may improvise by using raw lemon juice as a substitute
And then heating the letter next to a fire to read the message

As a rule invisible ink is very pale and watery in color, and is very hard to see as you are writing
After the invisible ink becomes dry, it is almost impossible to see on the paper
You should always press hard and write slowly to avoid mistakes as you are writing such messages

To read the invisible ink from a secret letter is a simple process
There are two ways of recovering a message written in invisible ink, the first it to hold the letter close
To a source of intense heat such as a large candle will produce, the heat emitted from the candle will cause
A chemical reaction in the dry ink, causing it to become brown and slightly visible to the naked eye
Afterward the message should be copied down to permanent paper and stored safely for further study.

The second technique involves dabbing the secret letter with a wet cloth until the invisible ink becomes wet
And the very light blue color once again becomes visible for a short time
And once more the message should be copied down to permanent paper and stored safely for further study.

**Secret Messages**
Codes, Ciphers, and Secret Messages

**The secret letter**
The ninja were incredibly gifted authors and correspondence writers. Much to the dismay of their adversaries and foes
This gift manifested itself in writing secret messages over long distances to each other
Since the ninja was primarily a spy, it made good sense to cultivate the skill in sending and receiving information
Back to his superiors in ways without attracting the attention of the authorities to himself or his activities
A typical ninja cipher is a coded message that can only be read by the sender and the intended receiver
Presumably both parties must have copies of the same codebook with the very same agreed upon code

Other forms of secret writing are not encoded at all this is another kind of secret letter called the hidden letter
The hidden letter is just an ordinary letter with words and sentences that you would read everyday
But hidden within the very sentences of that letter is another letter a secondary letter, these words are not encoded
But are the actual communications from a ninja agent to his or her masters

**A**

Below is an example of a hidden letter
The sun came up over the land and like a hung there like a ball in the sky, the wind is blowing over the red barn

The Ball is red

Below is an example of a dummy letter
A dummy letter may be written days or even years before the actual mission is executed
But the actual information is filled in the blank spaces in the dummy letter like a form letter

BLANK BLANK BLANK BLANK
sun came up over the land and like a hung there like a in the sky, The wind blowing over the barn

Below is an example of the hidden letter

The Ball is red

The hidden letter system is good for sudden communications or for unplanned missions
The hidden letter works best if both parties the sender and the receiver each have a copy of the same letter
As stated before, a dummy letter may be written days or even years before a mission is executed
But in this case the actual coded information may be placed in a specific section of a letter such as the center

**B**
Below is an example of a hidden letter
The sun came up over the land and hung there in the sky the ball is red I noticed when I picked up my nephew's toys

The ball is red

Below is another example of a dummy letter
A dummy letter may be written days or even years before the actual mission is executed
But the actual information is filled in the blank spaces in the dummy letter like a form letter

BLANK
The sun came up over the land and hung there in the sky I noticed as i picked up my nephew's toys

The ball is red

**Secret Messages**
Codes, Ciphers, and Secret Messages

**The coded message**
As written before, every different ninja clan had its own particular set of secret codes and ciphers
Each clan may have had dozens if not hundreds of separate codes, and they were changed often as a matter of routine
Since code writing is such a complicated and tedious process we shall only cover the basics in this book

One of the earliest codes ever recorded by man was the letter substitution code.
Out of the… 26… different letters of the…. English…. language alphabet there are 26 corresponding numbers in the code
Each number representing a different letter of the Angelo alphabet
Before writing a coded letter you should first write each letter of the alphabet next to a number this is called a table
That is the Letter **A** is substituted by the number **01** and then the Letter **B**, is substituted by the number **02**
And the letter **C** is substituted by the number **03**

**SAMPLE CODE TABLE NOT VALID**
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

20 08 05 THE
13 09 19 19 09 15 14 MISSION
09 19 IS
03 15 13 16 12 15 29 15 COMPLETE SAMPLE CODE MESSAGE NOT VALAD

The above letter to number code table is a simplified version of the actual letter to number substitution code
It is for educational purposes only and not intended for real life use in a ninja mission of any kind
It was written to acquaint the student ninja with the process of code writing and reading

**A realistic code table**
The above was a simplified explanation of the letter number substitution code for educational purposes only
And you will probably never be assigned a code that is simple to break like the one above.
All codes and ciphers are written and approved by the village elders only, and then assigned to the ninja
For use in the field

For instance the Letter **A** can be substituted by the number **9** and the letter **B** can be substituted by the number **30**
The only consideration is that both parties must have the same number to letter code or code table
As you may notice in the code table below, the number to letter substitution is different and more complex
And thus much harder to break if the message is ever intercepted by an enemy or falls into the wrong hands

**SAMPLE CODE TABLE NO LONGER VALID**
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z & ?
10 07 01 05 12 18 20 16 22 25 06 26 14 09 23 15 17 04 21 11 26 08 13 19 24 03 28 29

11 15 12 THE
14 11 21 21 22 23 09 MISSION
22 21 IS
01 23 14 15 26 12 11 12 COMPLETE

The above letter to number code table is a complex version of the educational number to letter code table
And can be used in a real life ninja mission, of course the letters of the alphabet end at the number 27
But the number can spiral into the thousands to make the code that much more unbreakable

**SPECIAL NOTE**
All secret codes can be eventually broken by anybody given enough time and patients
The idea of encoding a secret message or report is that if the message is intercepted or falls into unfriendly hands
The mission will have been already completed well before the code can be broken and the message translated
And the message can be read by an enemy agency giving them no time to take counter measures against the ninja

**Secret Messages**
Codes, Ciphers, and Secret Messages

The message code table

KEEP HIDDEN FROM VIEW

**Special Note:** For European publications of this book, the traditional Japanese numbers have been removed and replaced
With English numbers for the benefit of western readers and scholars of the subject
Traditional Japanese words are written down as pictographs or pictures of words and not as individual letters such as
The European language uses so an adjustment was made to replace Japanese pictographs with individual European letters

一 二 三 四 五 六つ 七 八 九つ 十 十一 十二
1 2 3 4 5 6 7 8 9 10 11 12

十三 の 十四 十五 十六 十七 十はつ 十九 二十
13 14 15 16 17 18 19 20

二十一 二十二 二十三 二十 四 二十五 二 十六つ
21 22 23 24 25 26

CODE TABLE A VALID 01/01/00 EXPIRES 01/01/00
MESSAGE CODE TABLE 001
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z & ?
- - - - - - - - - - - - - - - - - - - - - - - - - - -
10 07 01 05 12 18 20 16 22 25 06 27 14 09 23 15 29 04 21 11 26 08 13 19 24 03 28 17

CODE TABLE B VALID 01/01/00 EXPIRES 01/01/00
MESSAGE CODE TABLE 002
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z & ?
- - - - - - - - - - - - - - - - - - - - - - - - - - -
16 22 25 06 27 14 09 23 15 29 04 21 11 26 08 1 19 24 03 28 17 10 07 01 05 12 18 20

CODE TABLE C VALID 01/01/00 EXPIRES 01/01/00
MESSAGE CODE TABLE 003
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z & ?
- - - - - - - - - - - - - - - - - - - - - - - - - - -
29 04 21 11 26 08 13 19 24 03 28 17 10 07 01 05 12 18 20 16 22 25 06 27 14 09 23 15

CODE TABLE D VALID 01/01/00 EXPIRES 01/01/00
MESSAGE CODE TABLE 004
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z & ?
- - - - - - - - - - - - - - - - - - - - - - - - - - -
25 06 27 14 09 23 15 29 04 21 11 26 08 13 19 24 03 28 17 10 07 01 05 12 18 20 16 22

NOTE: In the field the secret message code table is kept separate from the message translation page
The code table itself may be written on a piece of paper and hidden within an object such as a hollowed out piece of bamboo
But the message translation page may be a simple piece of paper kept in plain view but must be destroyed when finished

**The message code table**

| 一 | 二 | 三 | 四 | 五 | 六つ | 七 | 八 | 九つ | 十 | 十一 | 十二 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |

| 十三 の | 十四 | 十五 | 十六 | 十七 | 十はつ | 十九 | 二十 |
|---|---|---|---|---|---|---|---|
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |

| 二十一 | 二十二 | 二十三 | 二十 四 | 二十五 | 二 十六つ |
|---|---|---|---|---|---|
| 21 | 22 | 23 | 24 | 25 | 26 |

MESSAGE TRANSLATION PAGE Today’s Date
**DISTROY AFTER READING** Date Message Received

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**The message code table**

| 一 | 二 | 三 | 四 | 五 | 六つ | 七 | 八 | 九つ | 十 | 十一 | 十二 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |

| 十三 の | 十四 | 十五 | 十六 | 十七 | 十はつ | 十九 | 二十 |
|---|---|---|---|---|---|---|---|
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |

| 二十一 | 二十二 | 二十三 | 二十 四 | 二十五 | 二 十六つ |
|---|---|---|---|---|---|
| 21 | 22 | 23 | 24 | 25 | 26 |

MESSAGE TRANSLATION PAGE Today’s Date
**DISTROY AFTER READING** Date Message Received

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**The message code table**

| 一 | 二 | 三 | 四 | 五 | 六つ | 七 | 八 | 九つ | 十 | 十一 | 十二 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |

| 十三 の | 十四 | 十五 | 十六 | 十七 | 十はつ | 十九 | 二十 |
|---|---|---|---|---|---|---|---|
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |

| 二十一 | 二十二 | 二十三 | 二十 四 | 二十五 | 二 十六つ |
|---|---|---|---|---|---|
| 21 | 22 | 23 | 24 | 25 | 26 |

MESSAGE TRANSLATION PAGE Today’s Date
**DISTROY AFTER READING** Date Message Received

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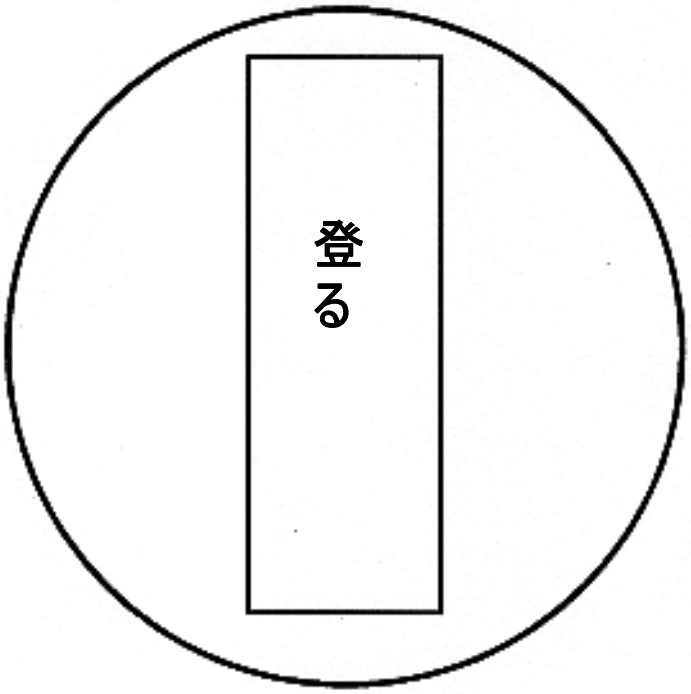
Ninja climbing techniques



**Ninja Climbing Techniques**

In the medieval days an emperor or any common thug could hide behind the walls of a castle to ply his trade
More often than not a landowner or a feudal royal would use his position to rob and intimidate the peasants
And quickly retreat back to his fortified home where he would safely store his stolen goods
And divide its contents amongst his hired lackeys
A fortified location was an ideal place to assemble bands of misfits and criminals and call them army soldiers

Most ancient Japanese landowners had little to nothing to do with the poor subjects living in his domain
After all, the peasants were an important part of the Japanese culture. The local shogun needed the peasants
And certainly did not seek to rob or harm them, and yet as was often the case was the local unscrupulous land baron
Who would beat and rob anyone luckless enough to pass through the roads of his domain

For the Japanese ninja no mission was too risky or too dangerous
Provided of course the money was large enough for the clan and the pay was sufficient for the ninja agent
Usually the ninja was hired as a spy to gather information!
But the career of a spy may take on many different actions or responsibilities depending upon the mission
And climbing or scaling a wall to accomplish a particular mission was just another talent of the ninja

Teaching a rude landowner a lesson in good manners or riding this world of him altogether is just part of the job
And dealing with criminal enterprise operating within an enclosed fortress was no exception
So for recapturing that favorite antique golden teakettle that was part of your family for many generations
Or splattering blood across the countryside of a thug whom had attacked a member of your family
And reclaiming lost family honor it's hard to beat hiring a ninja for that purpose

Of course when most people think about the ninja climbing over walls they automatically think about
The mettle hand and foot claws used to grip between the blocks of stone or the trees surrounding the walls
Or there are others who visualize the ninja agent climbing the sides of a castle with his bare hands like a lizard
To hunt and devour his prey inside the walls of the enemy camp

The ninja had many different tools and techniques to conquer the highest walls imaginable
The ninja didn't limit themselves to simple rope and grappling hooks, The Japanese ninja had an incredible array
Of ropes, rope ladders and many other kinds of climbing equipment
Some ninja coming from farming communities tied four sickles together in an outward angle and created
A four-blade grappling hook that would not arouse suspicion if discovered, and yet was still immediately functional

The ninja had a wooden pole called a shinobi kumade with wooden steps projecting horizontally from the side
This simple pole could be used in the same way as a ladder
Also there was a metal blade on the very top, and it could be used as a weapon such as a spear

The nawa bashigo was a rope ladder made of two twenty-foot ropes tied side by side by smaller rope sections
These tiny ropes acted like the rungs and steps of a ladder and allowed the ninja rapid entry to high positions
Another type of ninja rope ladder was a single rope strung through many hundreds of vertical bamboo joints
Between each bamboo section was a vertical piece of wood so the ninja would have a stepladder to climb
Some actual stepladders were constructed with mettle hooks at the ends and used to enter forbidden locations

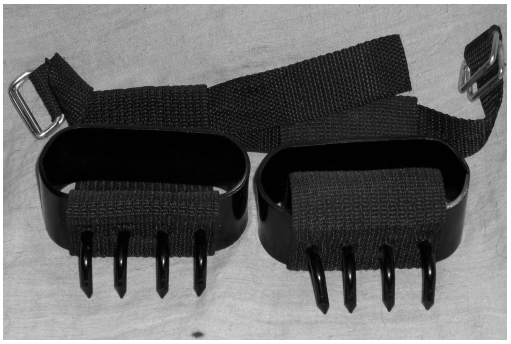
The kumo bashigo was probably the simplest or easiest to construct piece of equipment in the ninja's vast arsenal
The kumo was a simple rope with loops tied in regular sections allowing the shinobi to place a hand or foot in a loop
And climb the cord as if it was a regular rope ladder

**Ninja Climbing Techniques**

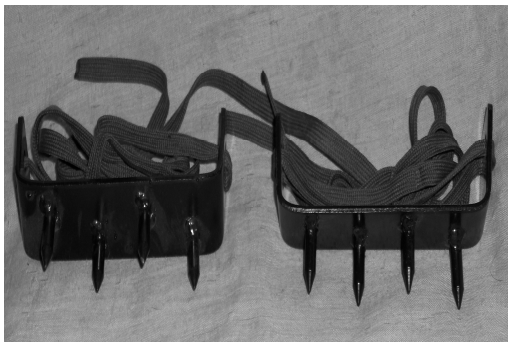
**Using hooks and claws to climb over a tree or a wall**
The Japanese ninja used a pair of hand and foot claws to aid them in their climbing and penetration of walled areas
The ninja shuko or hand claws and the ashiko or foot claws were very important in scaling trees and other obstacles

The reason a ninja must train to climb trees is because next to any stonewall a tree will eventually grow
And it will be a simple matter for a ninja to first climb a tree then scale over the wall to enter a castle or city
Also being able to see the terrain from above gives the ninja a better view to observe the area
Climbing high also is a good way to escape enemies or hide from others

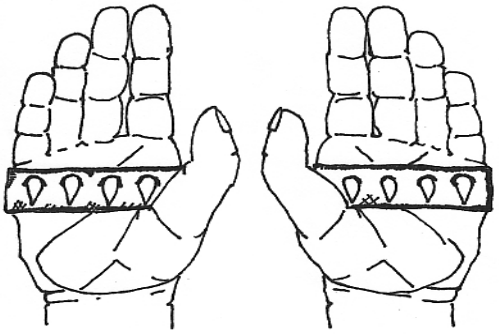
**Shuko Hand Claws**

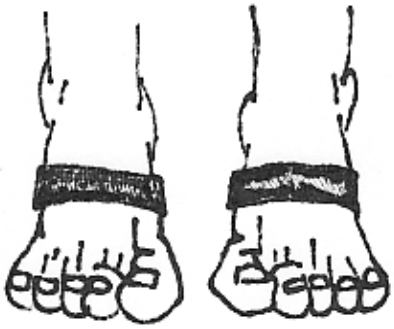


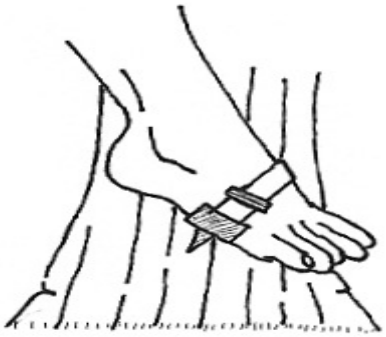
**Ashiko Foot Claws**



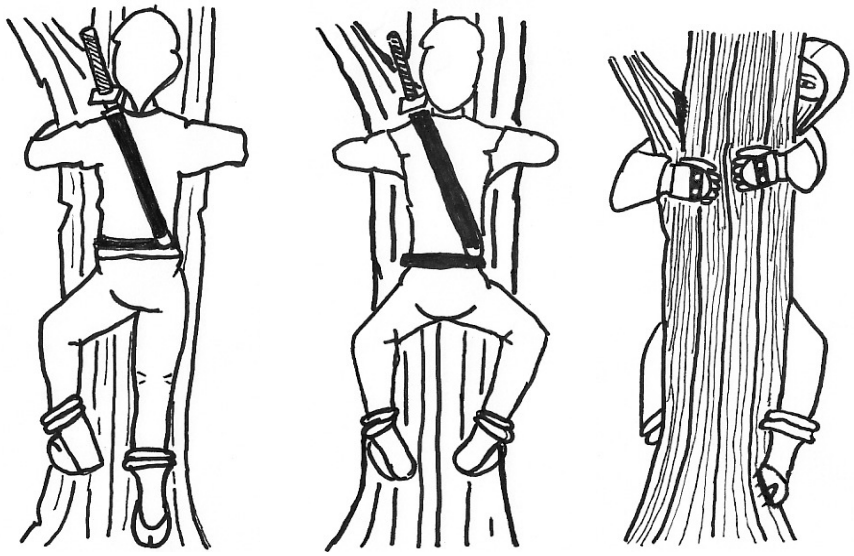
**For the ninja to climb a tree or a wall**
1. The ninja must grab the opposite 2. The feet are placed directly in front of the ninja
Side of the tree with his hands you will be using the front ball of the foot to
Step upward along the tree







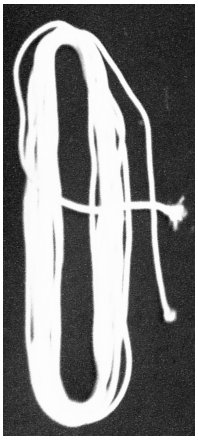
3. After taking three or four steps upward on the tree
Stop and grab the tree higher and walk up the tree even more

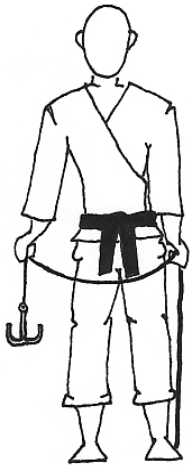


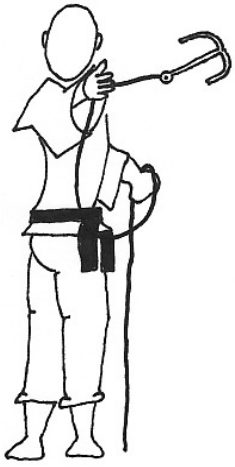
**Ninja Climbing Techniques**

For the Japanese ninja the ability to climb over walls and sneak into a castle was an important skill
Being able to enter and leave a secure area at will like a phantom is part of the ninja's legend

To develop these skills it is recommended that the student ninja begin a regiment of training with the basic
Rope climbing skills and then move up to the more difficult tasks of throwing grappling hooks accurately
Safety while training any ninja is always a large concern with any ninja clan
And this treatise is no exception exercising with chin-ups will also safely help in future rope grappling training







For most sportsmen or mountain climbers it is a good idea to gather a rope climbing kit
Keeping your equipment in good condition is important for your safety and the safety of future missions
1. Rope bag
2. Thick leather gloves
3. One thirty foot length of rope
4. Heavy metal hook at the end of the rope (Optional)

It is not necessary to practice on a large wall to train and develop your ninja climbing skills
A low lying tree bow in the woods or your back yard will suffice as a training area
Simply tie a length of rope over any low hanging but sturdy bow of a tree
And you can have all the practice you need to scale even the highest and tallest stone walls imaginable

For an area for practicing you're climbing skills you will need a thirty-foot length of rope
Simply throw one end of the rope over a low lying tree bow and you are halfway complete
It's best to choose a tree bow that's not too high above your head, only a few feet or so will do for a start
Then tie one end of the rope around the lower trunk of the tree so you can easily retrieve the rope when finished
Since this is only for beginning practice accuracy doesn't count

1. Hunt for a tree with a low lying bow

2. Throw a coil or rope Over the bow

3. Tie one end of the rope around the lower trunk of the tree

Now you are ready to begin your lessons in climbing rope
The ability to scale over tall walls of castles and fortifications and enter the domain of an enemy is an important skill
There is much risk and danger associated with rappelling and much skill and learning must go with it
The ninja is paid a vast sum to take on such challenges and surmount such dangers

**Chapter 8**
Ninja Training Guide

The encyclopedia of ninja karate techniques

**List of Ninja Karate Techniques**

**Ninja Blocking Ninja Shoulder Rolling Ninja Break Fall**
1. L or R Front block 1. Forward shoulder roll 1. Forward break fall
2. L or R Knife hand front block 2. Backward shoulder roll 2. Side break fall
3. L or R High block 3. Side shoulder roll 3. Back break fall
4. L or R Knife hand high block
5. X-Block
6. Knife hand X- Block
7. L or R Low block
8. L or R Knife hand low block
9. Cover block
10. Knife hand cover block
11. L or R Twin or double block
12. L or R Knife hand twin or double block
13. L or R Horizontal elbow block
14. L or R Vertical elbow block
15. L or R Vertical Knee block

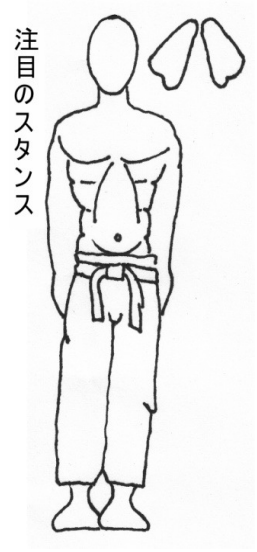
**Ninja Karate Stances Ninja Hand Techniques Ninja Kick Techniques**
1. Attention Stance 1. Forward Punch 1. Front kick
2. Relaxed Stance 2. Turning Punch 2. Turning front kick
3. Horse Stance 3. Forward knife hand strike 3. Front round kick
4. Open Bow Stance 4. Turning knife hand strike 4. Turning round kick
5. Front Stance Left 5. Forward palm heel strike 5. Front sidekick
6. Front Stance Right 6. Turning palm heel strike 6. Turning sidekick
7. Middle Stance Left 7. Downward knife hand strike 7. Front stamp kick
8. Middle Stance Right 8. Forward back hand strike 8. Turning stamp kick
9. Back Stance Left 9. Spinning back hand strike 9. Forward flying kick
10. Back Stance Right 10. Front ridge hand strike 10. Side flying kick
11. Cat Stance Left 11. Forward spear hand strike 11. Front knee kick
12. Cat Stance Right 12. Turning spear hand strike 12. Turning knee kick
13. Cover Stance Left 13. Front two finger spear 13. Back kick
14. Cover Stance Right 14. Turning two finger spear 14. Wild horse kick
15. Left Low Stance 15. Elbow strike 15. Rake kick
16. Right Low Stance Right 16. Spinning Elbow Strike
17. Fighting Stance Left 17. Eagle claw strike
18. Fighting Stance Right 18. Leopard Punch
19. Hidden hand stance 19. One knuckle punch
20. Priest stance 20. Two knuckle punch
21. Cobra’s bite
22. Hammer fist strike
23. Thumb spade strike

**Ninja Karate Stances**

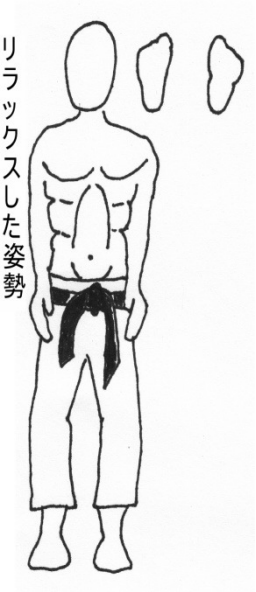
The Sitting, the attention, and the relaxed stance are stances that you will generally use in the training dojo
And not in the field or in a karate tournament
Since these stances are important during your training in the classroom they are included here

1. **The lotus stance or sitting stance**
   This is the first stance you will learn in any dojo
   This is how you will sit when not participating on the mat
   Or waiting before the class begins

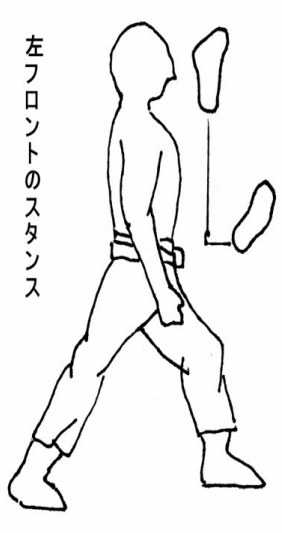
2. **Attention Stance**
   Both ankles are together with the feet pointed outward
   Arms are down at the sides




3. **Relaxed Stance**
   Both feet are side by side, two to three feet apart
   And arms are hanging downward comfortably

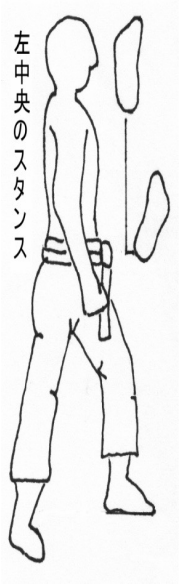



4. **Left Front Stance**
   You stand forward at a side angle to your target
   most of your weight is on your Left front foot

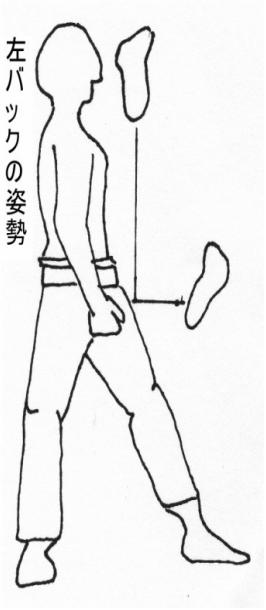


**Ninja Karate Stances**

5. **Left Middle Stance**
Stand sideways Left foot pointed toward your target
All of your weight is evenly placed on both feet




6. **Left Back Stance**
Stand sideways Left foot pointed toward your target
Most of your weight in placed on your rear right foot




7. **Left Ready or Fighting Stance**
You are standing at an angle to your target
Your left foot is pointed at your target
Your arms are performing a Double forearm block

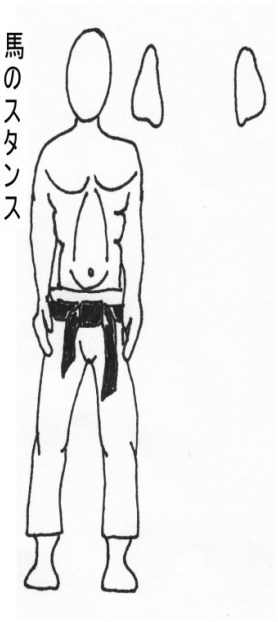
**SPECIAL NOTE** A Middle Stance and a Double forearm block is a fighting stance

8. **Left Cover Stance**
The Cover stance is based upon the middle stance
You are standing at a side angle to your target
Your weight is divided between both feet

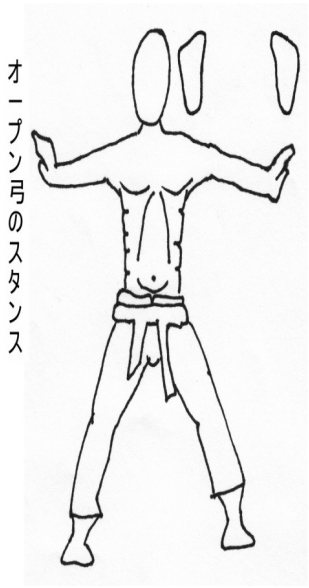
**SPECIAL NOTE** A Middle Stance and a Cover block is a cover stance

**Ninja Karate Stances**

9. **Horse Stance**
You are standing directly in front of your target
With your arms are at your sides
Your knees are bent forward slightly and your feet are a meter apart
And your weight is divided between both feet

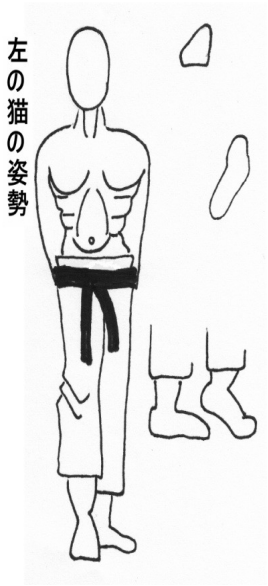



10. **Open Bow Stance**
You are standing directly in front of your target
With your arms are outstretched with palms outward
Your knees are bent forward slightly and your feet are a meter apart
And your weight is divided between both feet



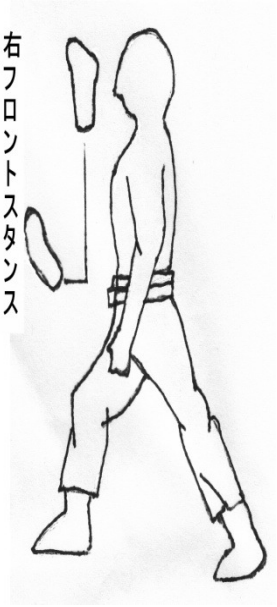

11. **Left Low Ready or Fighting Stance**
You are standing at a side angle to your target
Your are performing a Double forearm block
Most of your weight in on your rear leg
Your rear knee is bent very low and almost sitting

12. **Left Cat Stance**
You are standing at a side angle to your target
Your weight is divided between both feet
Standing on the ball of your foot Your front knee is bent
Your arms are in an X block

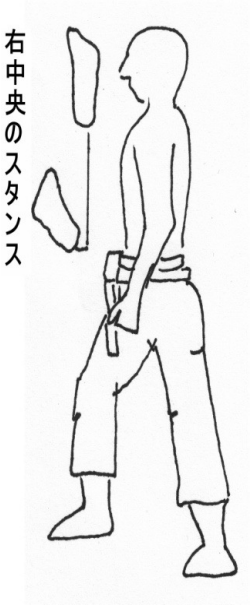


**Ninja Karate Stances**

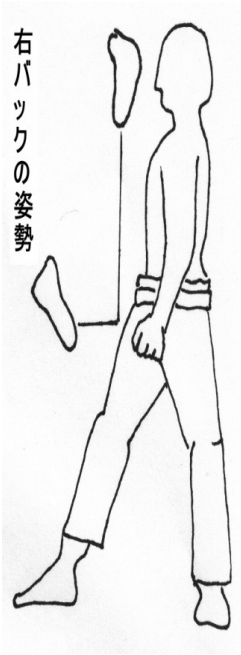
13. **Right Front Stance**
    You stand forward at a side angle most of your weight
    Is on your right front foot



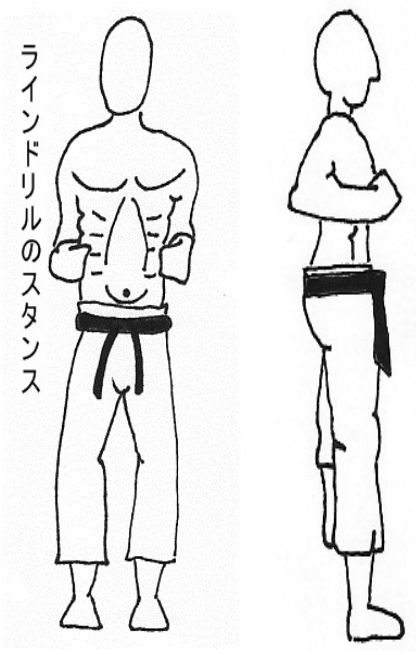

14. **Right Middle Stance**
    Stand sideways toward your target
    All of your weight is evenly divided between your feet




15. **Right Back Stance**
    You are standing at an angle to your target
    Your right foot is pointed at your target
    Your torso is over your rear foot



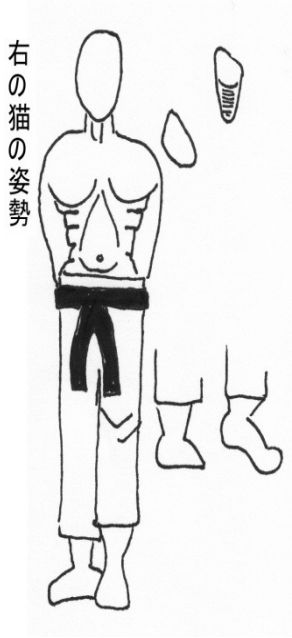

16. **Line Drill Stance**
    During a line drill this stance is used before performing
    Another stance or martial arts technique
    While this looks formidable it is used in training only



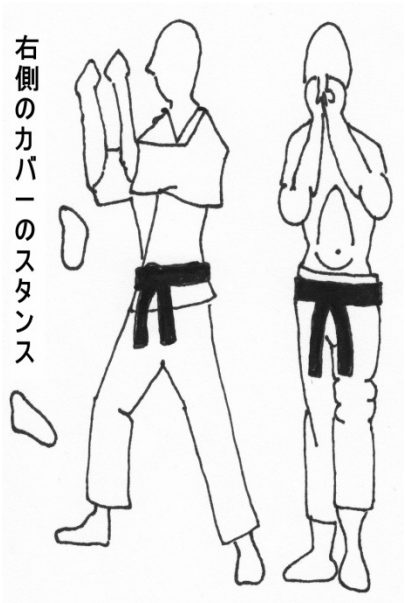
**Ninja Karate Stances**

17. **Right Low Ready or Right low fighting Stance**
You are standing at a side angle to your target
Your are performing a Double forearm block
Most of your weight in on your rear leg
Your rear knee is bent very low and almost sitting

18. **Right Cat Stance**
You are standing at a side angle to your target
Your weight is divided between both feet
Standing on the ball of your foot Your front knee is bent




19. **Right Cover Stance**
You are standing at a side angle to your target
Your weight is divided between both feet
Standing on the ball of your foot, Your front knee is bent
Your arms are bent upwards



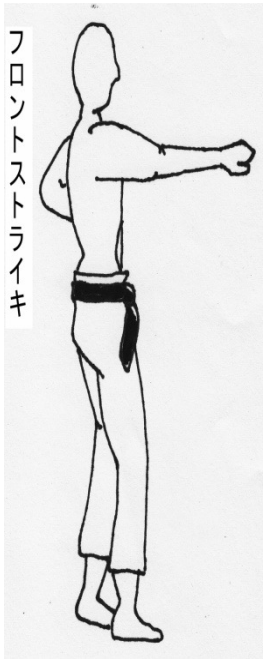

SPECIAL NOTE A Middle Stance and a
Cover block is a cover stance

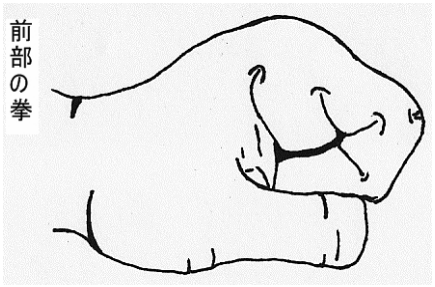
20. **Right Ready or Fighting Stance**
You stand forward at a side angle most of your weight
Is on your Left front foot
Your are performing a Double forearm block

SPECIAL NOTE A Middle Stance and a
Double forearm block is a fighting stance

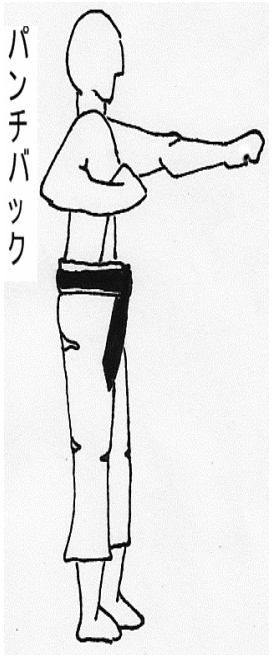
**Ninja Karate Striking Techniques**

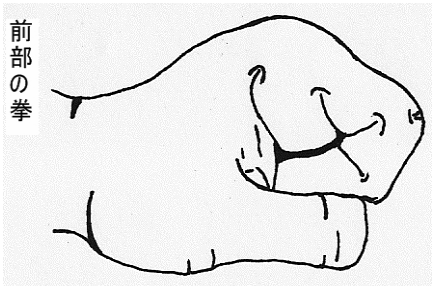
1. **Forward Punch**
   Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
   The striking surface of the punch is the first two knuckles of the fist
   **Targets:** The head, The face, The nose, The mouth, The jaw, The ribs, The stomach



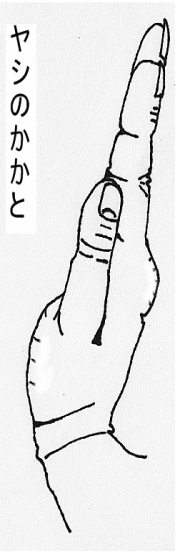

2. **Turning Punch**
   Raise your rear arm and thrust it forward at your target as you twist your upper torso forward
   The striking surface of the punch is the first two knuckles of the fist
   **Targets:** The head, The face, The nose, The mouth, The jaw, The ribs, The stomach



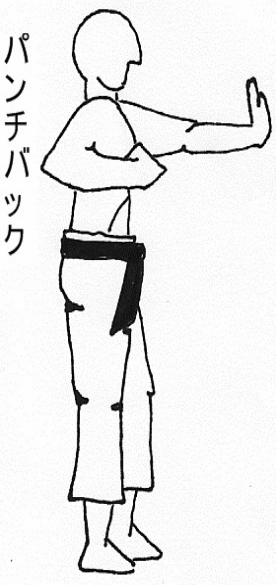



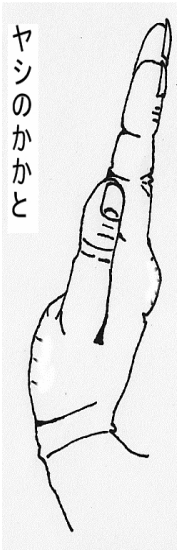
**Ninja Karate Striking Techniques**

5. **Forward palm heel strike**
Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is the lower palm of the hand
**Targets:** The head, The face, The nose, The mouth, The jaw, The ribs, The stomach

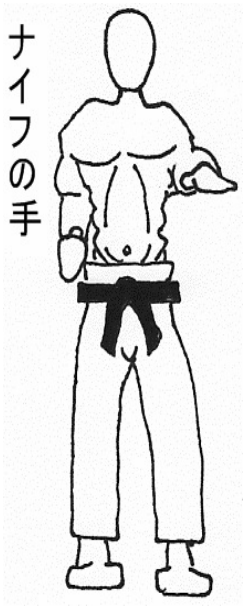



6. **Turning palm heel strike**
Raise your rear arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is the lower palm of the hand
**Targets:** The head, The face, The nose, The mouth, The jaw, The ribs, The stomach



3. **Forward knife hand strike**
   Bring your arm across your chest as you twist your torso backwards, away from your target
   Next twist your torso forward as you bring your arm forward in a strait arc toward your target
   The striking surface of the knife hand strike is the outer knife hand ridge of the hand
   **Targets:** The head, The face, The nose, The mouth, The jaw, The ribs

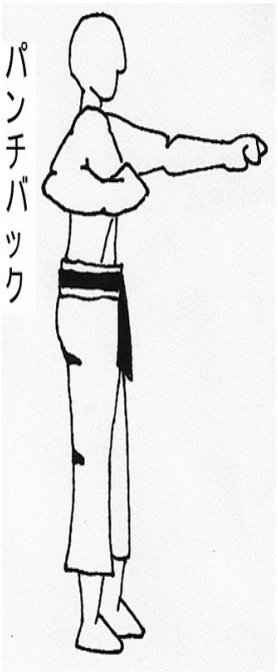



4. **Turning knife hand strike**
   Step forward placing yourself at an angle with your opponent or target
   Bring your arm across your chest as you twist your torso backwards, away from your target
   Next twist your torso forward as you bring your arm forward in a strait arc toward your target
   The striking surface of the knife hand strike is the outer knife hand ridge of the hand
   **Targets:** The head, The face, The nose, The mouth, The jaw, The ribs

**Ninja Striking Techniques**

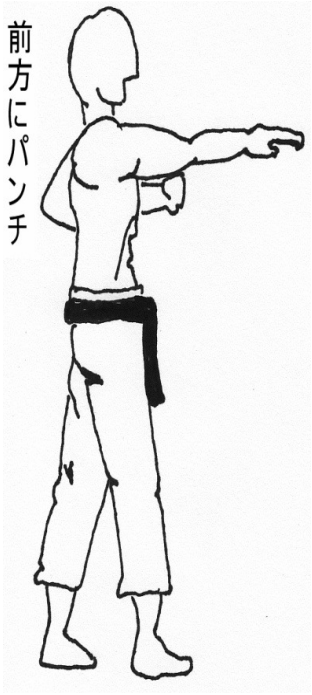
23. **One knuckle strike**
Place your thumb in front of your middle finger tip and push your middle finger outward
Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is the middle knuckles of the middle finger
**Targets:** Soft flesh

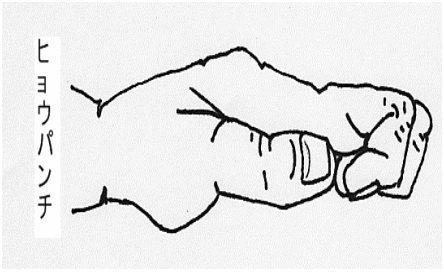
23. **Turning One knuckle strike**
Place your thumb in front of your middle finger tip and push your middle finger outward
Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is the middle knuckles of the middle finger
**Targets:** Soft flesh



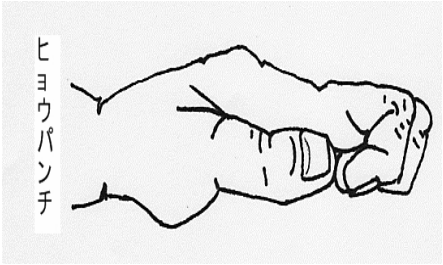
**Ninja Striking Techniques**

22. **Front Leopard punch**
Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is all four middle finger knuckles
**Targets:** The head, The nose, The mouth, The jaw, The neck, The ribs



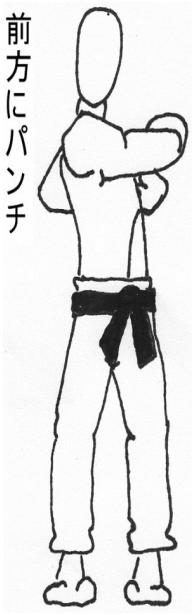



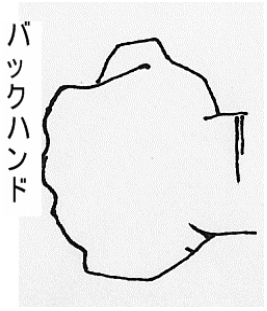

22. **Back Leopard punch**
Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is all four middle finger knuckles
**Targets:** The head, The nose, The mouth, The jaw, The neck, The ribs



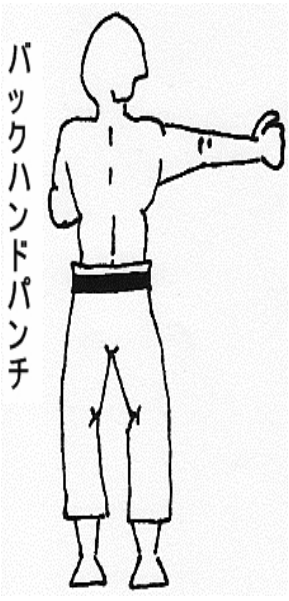
**Ninja Striking Techniques**

9. **Forward backhand strike**
   Twist your torso and fold your arm across your chest
   Next twist your torso forward as you bring your arm forward in a strait arc toward your target
   The striking surface of the backhand strike is the knuckles of the hand
   **Targets:** The head, The face, The shoulders



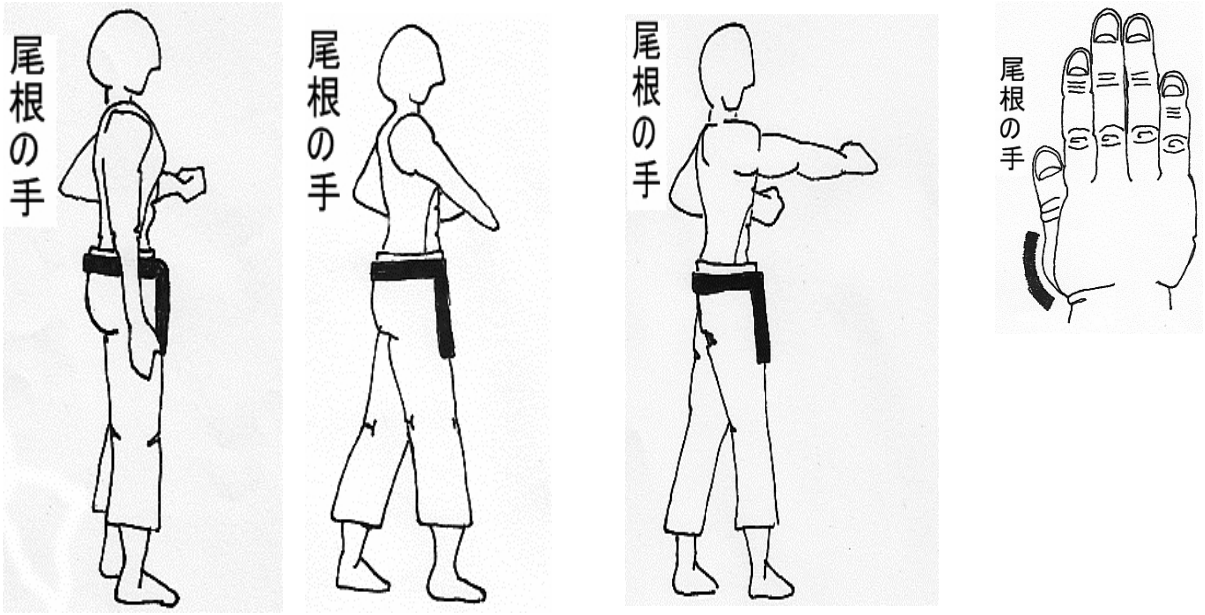



10. **Spinning back hand strike**
    Place all your weight on your front leg and lift your rear foot slightly so that it slips just above the floor
    Completely turn 360 degrees toward your target while bringing your arm up to chest level, next just before reaching your target
    Place your rear foot firmly on the floor and extend your rear arm when you see your target over your shoulder
    Next strike your target with all the muscles in your back and arm using the knuckles on the back of your hand
    **Targets:** The head, the upper chest

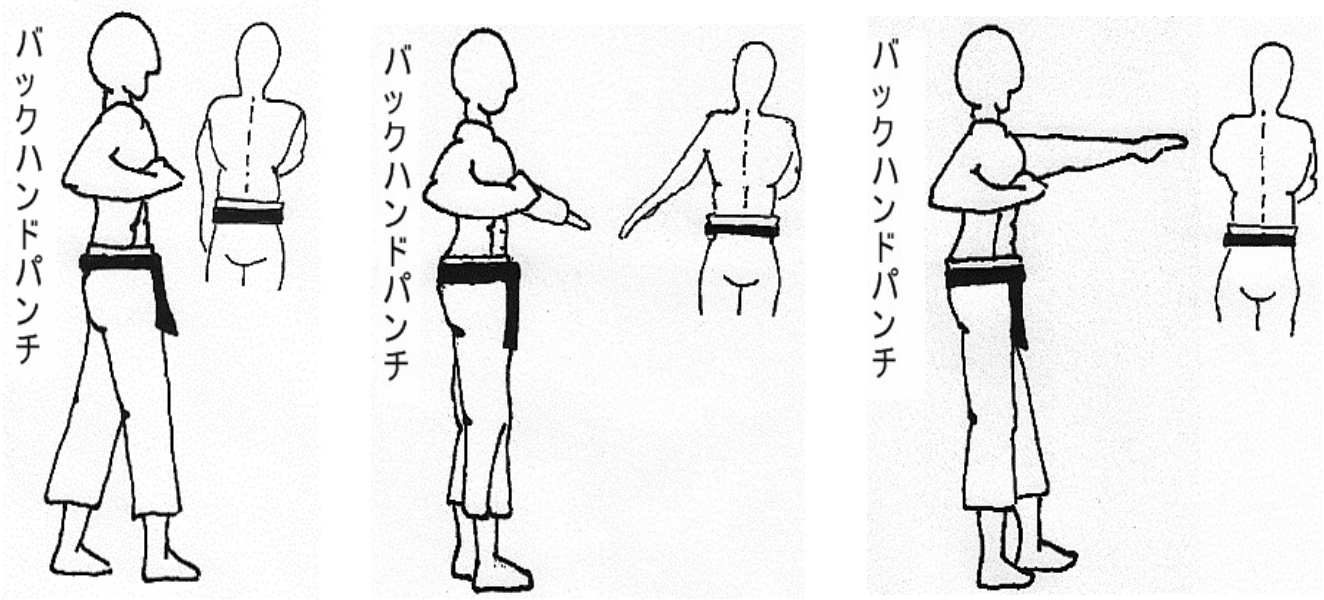


**Ninja Striking Techniques**

11. **Front ridge hand strike**
    From a sideways position raise your arm upward and forward in an arcing toward your target
    The striking surface is the ridge behind the thumb
    **Targets:** Side of head, side of neck, Upper arms

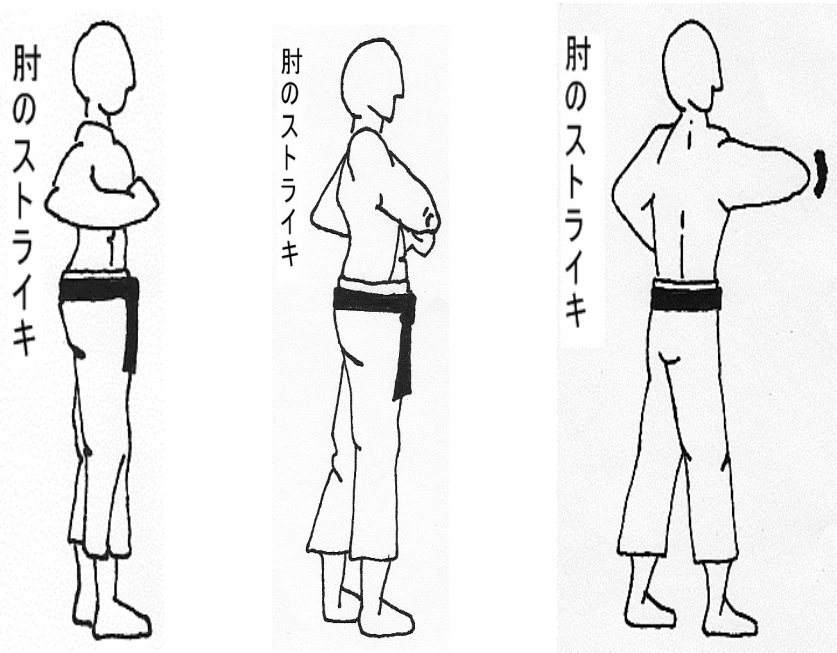



12. **Turning ridge hand strike**
    From a sideways position raise your rear arm upward and forward in an arcing toward your target
    Place your rear foot forward and drive your arm forward is a slicing motion
    The striking surface is the ridge behind the thumb
    **Targets:** Side of head, side of neck, Upper arms

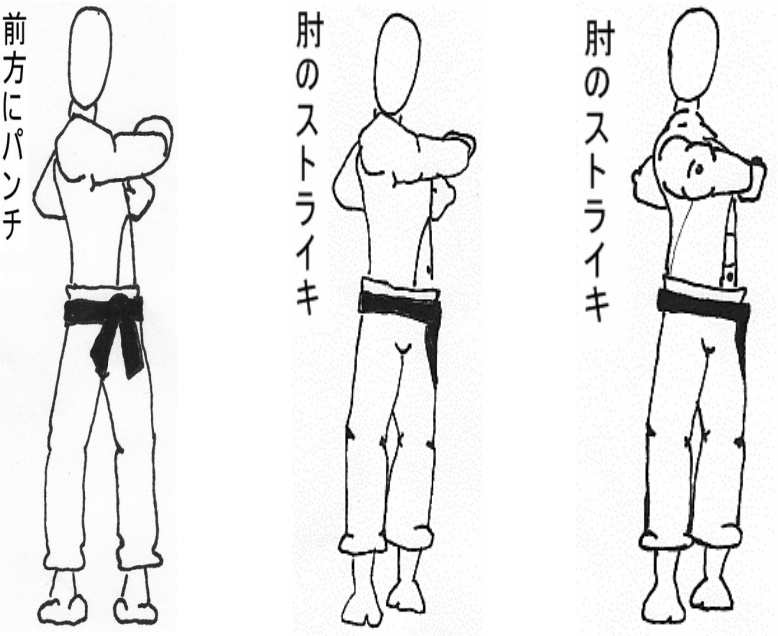


**Ninja Striking Techniques**

18. **Front elbow strike**
The arm is folded up safely and the elbow is brought up in an arc into your target
The striking surface of the front elbow strike is the lower part of the elbow
**Targets** the side of the neck, the jaw line, The side of the head



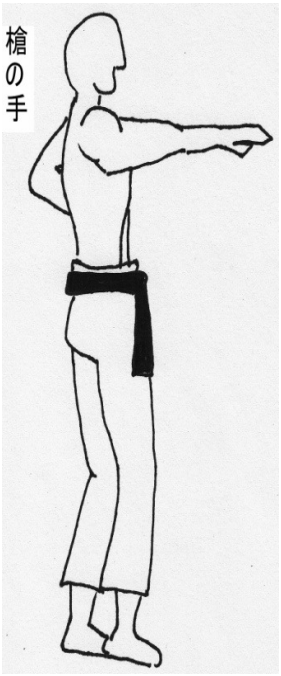

19. **Turning elbow strike**
Spinning backward to your target in an 180 degree turn bring your elbow down low
And cover your fist with an open hand, combine both arms to drive your elbow backwards to target
**Targets:** The lower chest, The stomach

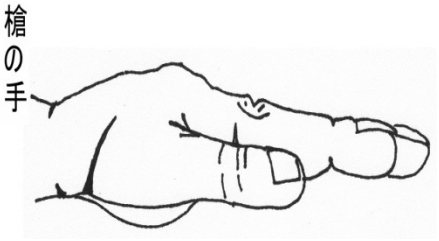


**Ninja Striking Techniques**

**13. Forward spear hand strike**

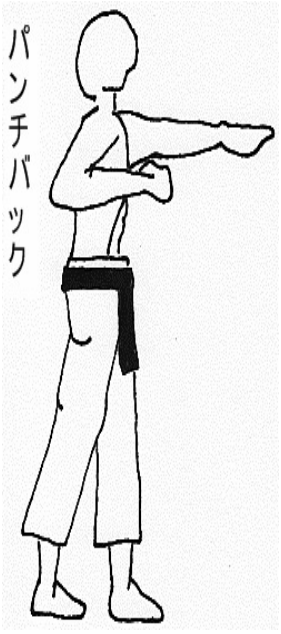
Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface is the fingertips
**Targets:** The eyes, the mouth, the neck, the ribs

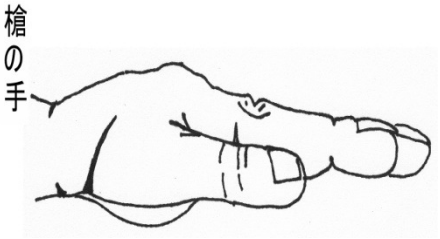



**14. Turning Spear hand strike**

Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is the fingertips
**Targets:** The eyes, the mouth, the neck, the ribs

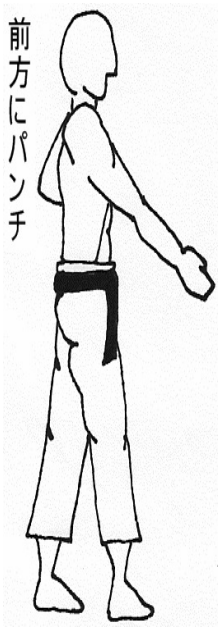


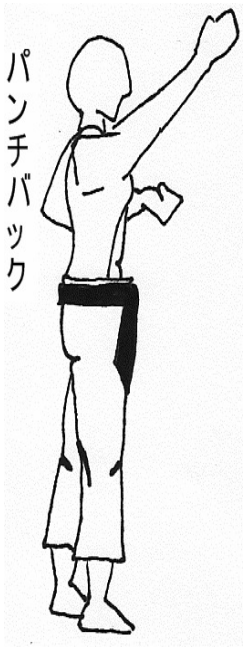



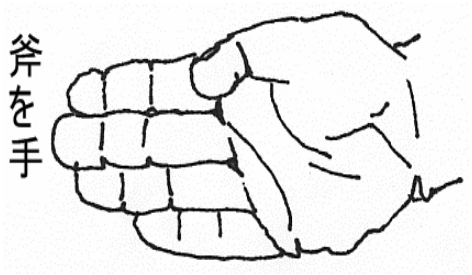
**Ninja Karate Striking Techniques**

**5. Downward Ax hand strike**

Targets: Top of head, Shoulder, Appendages such as outstretched arms
The arm is drawn upward and back behind the ninjas head
Then the hand and arm is brought forward and downward, The striking surface is the outer ridge of the hand
**Targets:** The head, The face, The nose, The shoulders

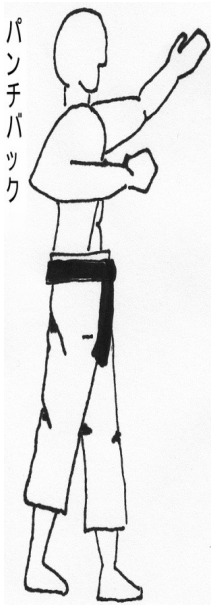


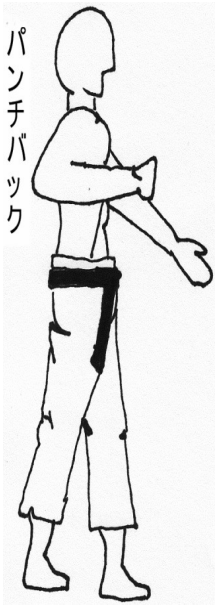



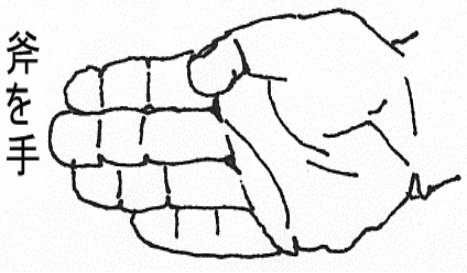




**5. Turning downward  Ax hand strike**

Targets: Top of head, Shoulder, Appendages such as outstretched arms
The arm is drawn upward and back behind the ninjas head
Then the hand and arm is brought forward and downward, The striking surface is the outer ridge of the hand
**Targets:** The head, The face, The nose, The shoulders



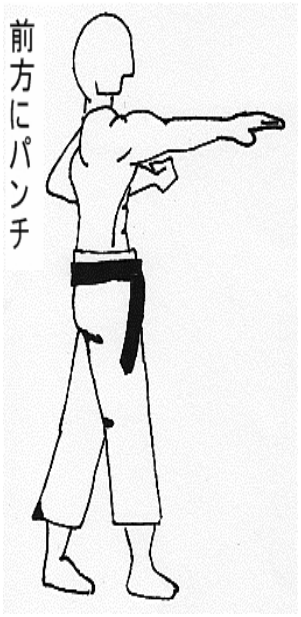



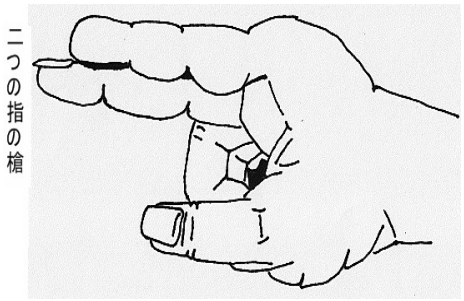



**Ninja Striking Techniques**

**15. Front two-finger spear**

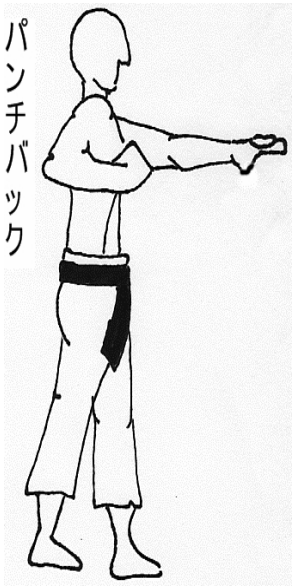
Twist your index finger over your middle finger so that they will support one another
Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is the first two fingertips
**Targets:** The head, the eyes, the mouth, the ribs

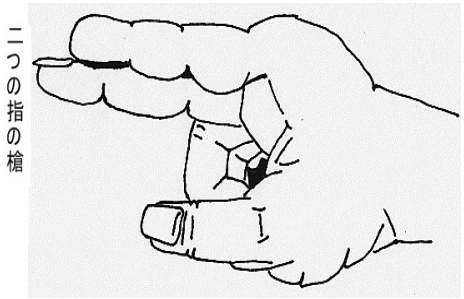



**16. Turning two finger spear**

Twist your index finger over your middle finger so that they will support one another
Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is the first two fingertips
**Targets:** The head, the eyes, the mouth, the ribs

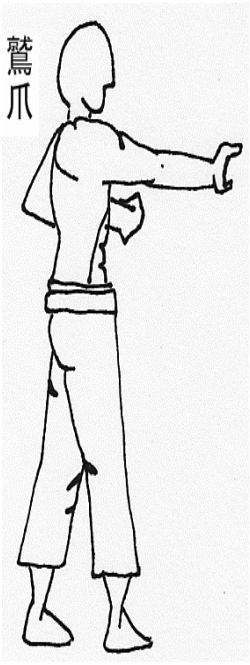


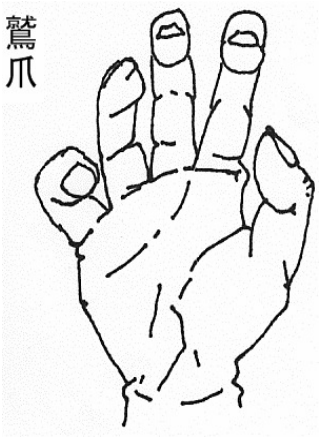



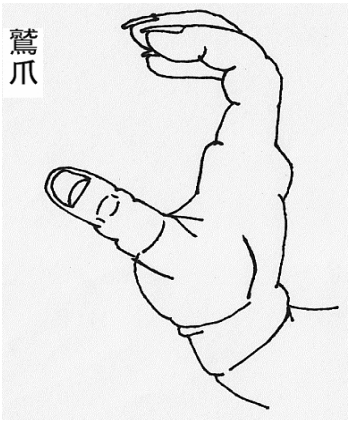
**Ninja Striking Techniques**

**20. Eagle claw strike**

Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is all five fingertips, Next clasp your hand tight and pull downward
In a clawing motion as an eagle grabbing its prey
**Targets:** The face, The upper chest

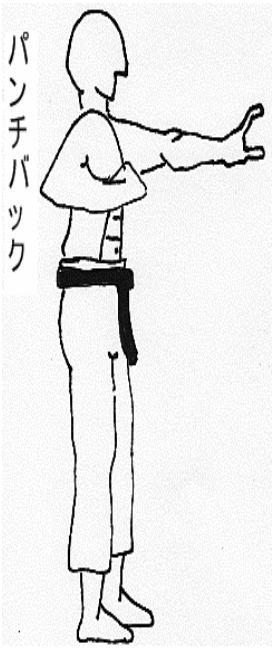


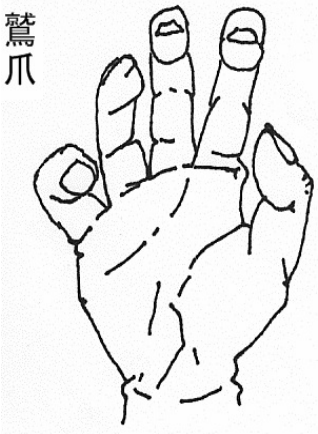



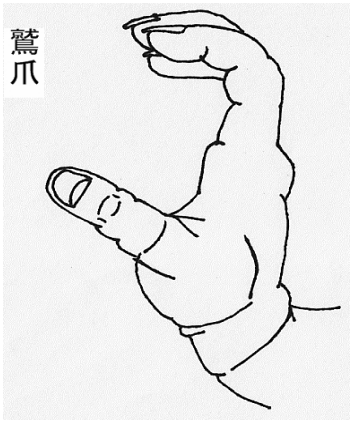




**20. Turning Eagle claw strike**

Raise your forward arm and thrust it forward at your target as you twist your upper torso forward
The striking surface of the punch is all five fingertips, next clasp your hand tight and pull downward
In a clawing motion as an eagle grabbing its prey
**Targets:** The face, the upper chest



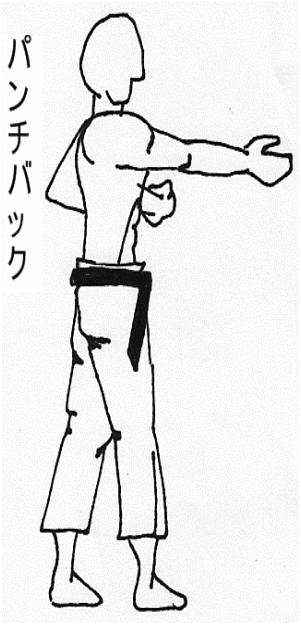



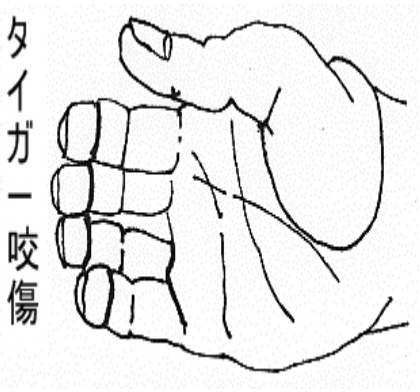



**Ninja Striking Techniques**

**21. Front Tiger's bite, sometimes called the cobra strike**

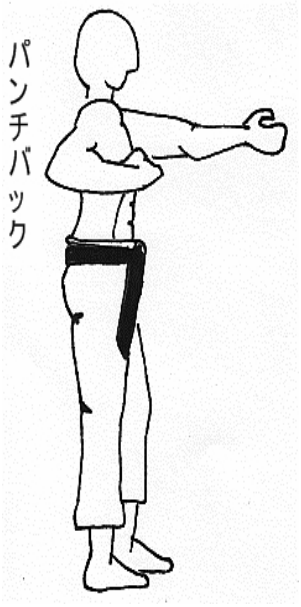
This is a very strategic strike; The arm is held at chest height and folded at the elbow in front of the shoulder
The hand is thrust upward toward the targets throat in a rapid stabbing motion
Clench your hand in a half way open position as if you were grabbing something
Next raise your arm and thrust it at your target's neck and clasp then pull back while still squeezing
**Targets:** Usually the throat

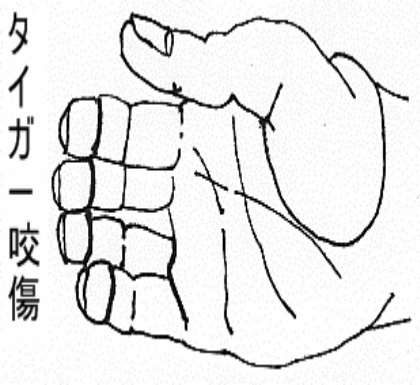



**21. Back Tigers' bite, Sometimes called the cobra strike**

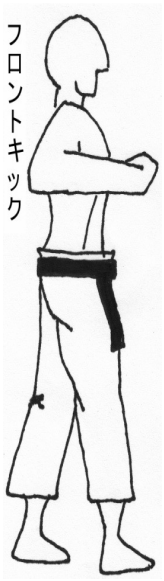
This is a very strategic strike; the arm is held at chest height and folded at the elbow in front of the shoulder
The hand is thrust upward toward the targets throat in a rapid stabbing motion
Clench your hand in a half way open position as if you were grabbing something
Next raise your arm and thrust it at your target's neck and clasp then pull back while still squeezing
**Targets:** Usually the throat

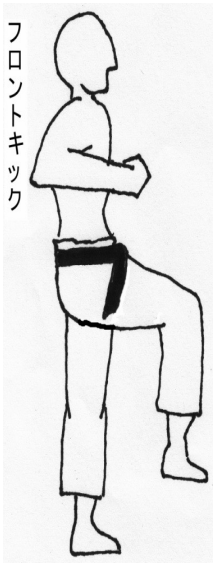


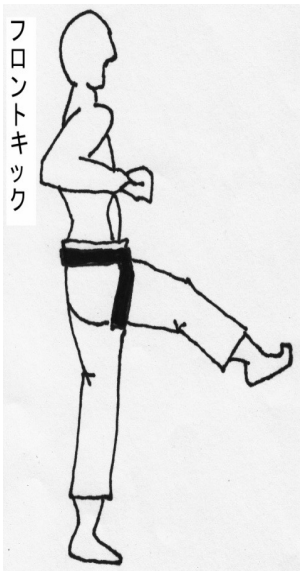



**Ninja Kicking Techniques**

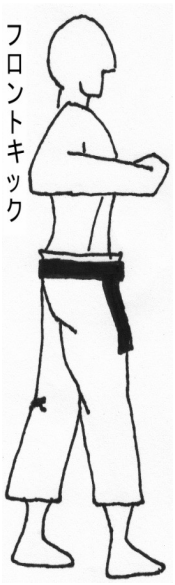
1. **Front Spear kick**
   Placing all your weight on your rear leg raise your front knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

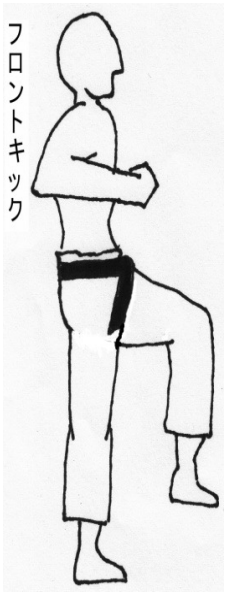


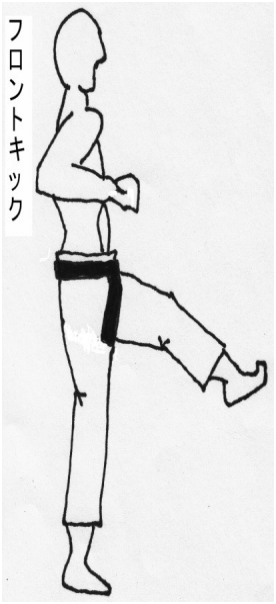





2. **Back or Turning Front Spear kick**
   Placing all your weight on your front leg raise your rear knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

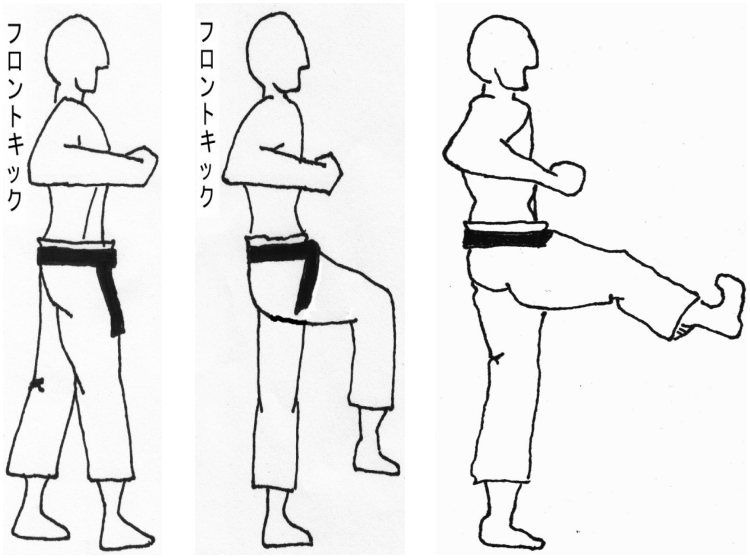




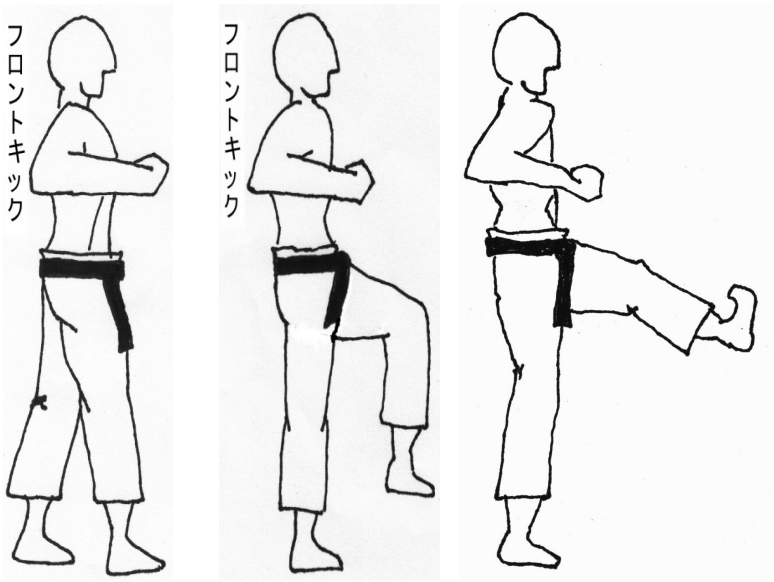


**Ninja Kicking Techniques**

1. **Front Stomp kick**
   Placing all your weight on your rear leg raise your front knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the ball of the heel
   **Targets:** The stomach, The pelvis, The upper legs

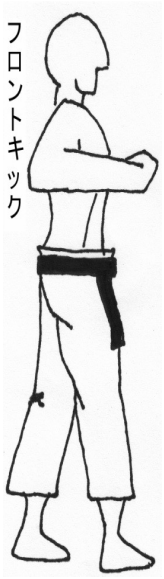


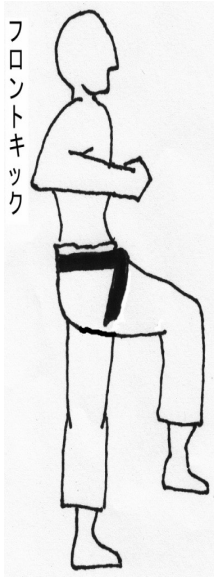

2. **Back or Turning Stomp kick**
   Placing all your weight on your front leg raise your rear knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the front ball of heel
   **Targets:** The stomach, The pelvis, The upper legs

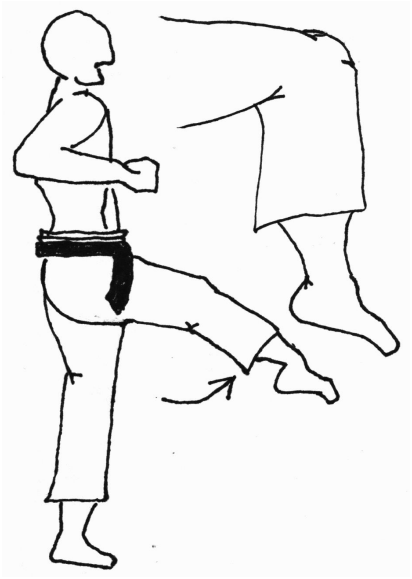


**Ninja Kicking Techniques**

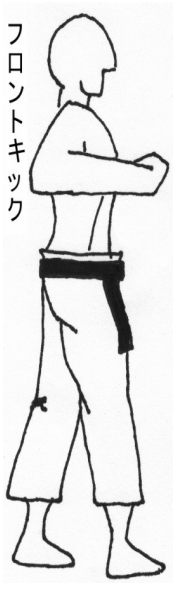
1. **Front Snap kick**
   Placing all your weight on your rear leg raise your front knee up toward your target
   Then extend your leg fully upward kicking your target
   The striking surface is the top of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

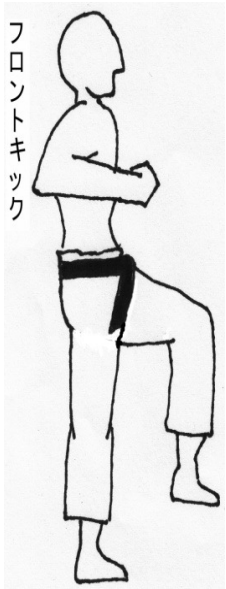


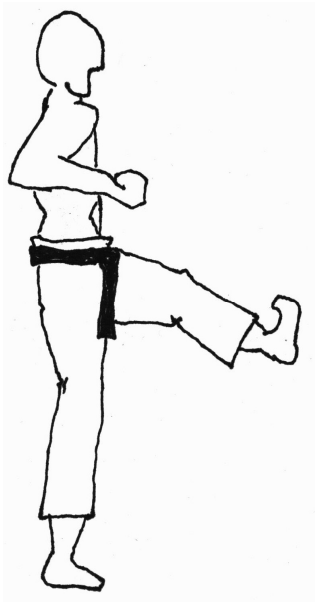




2. **Back or Turning Snap kick**
   Placing all your weight on your front leg raise your rear knee up toward your target
   Then extend your rear leg fully upward kicking your target with the top crown of your foot
   The striking surface is the top of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

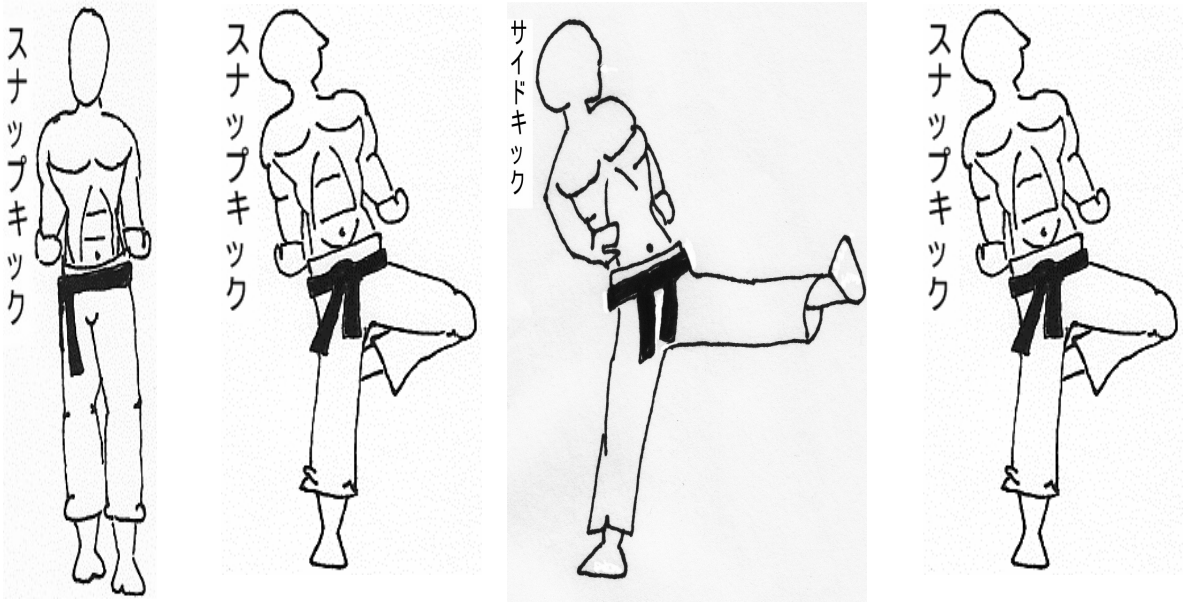




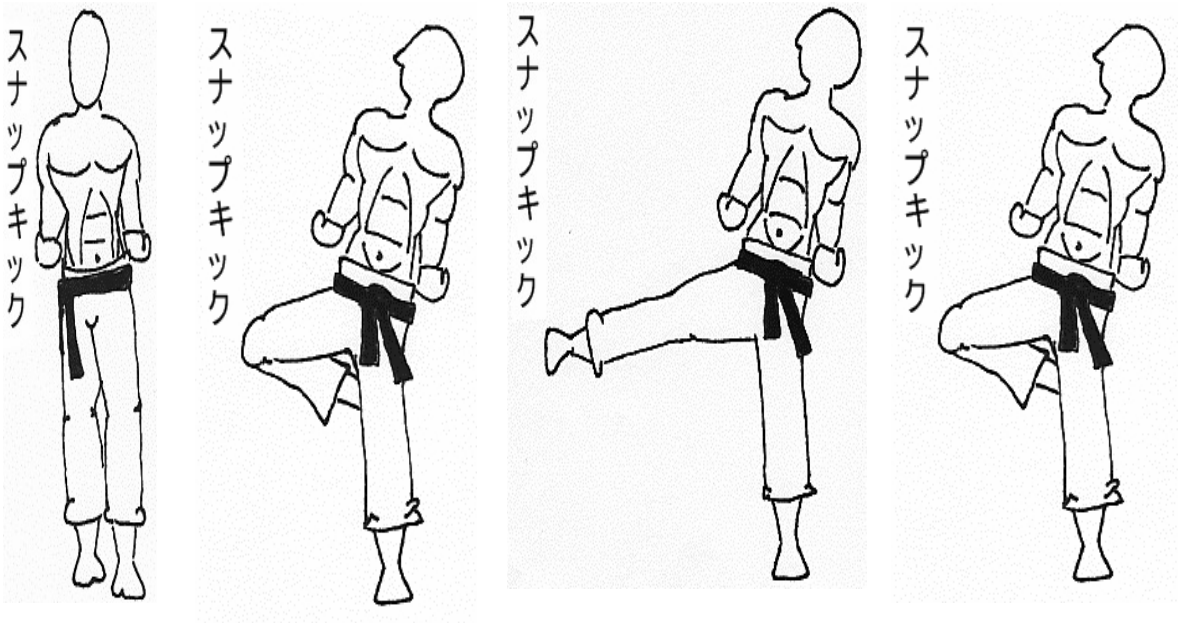


**Ninja Kicking Techniques**

3. **Front Side Kick**
   Placing all your weight on your rear leg, swivel your pelvis to your front leg is pointing at your target
   Chamber your front leg behind your rear land and raise your front knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

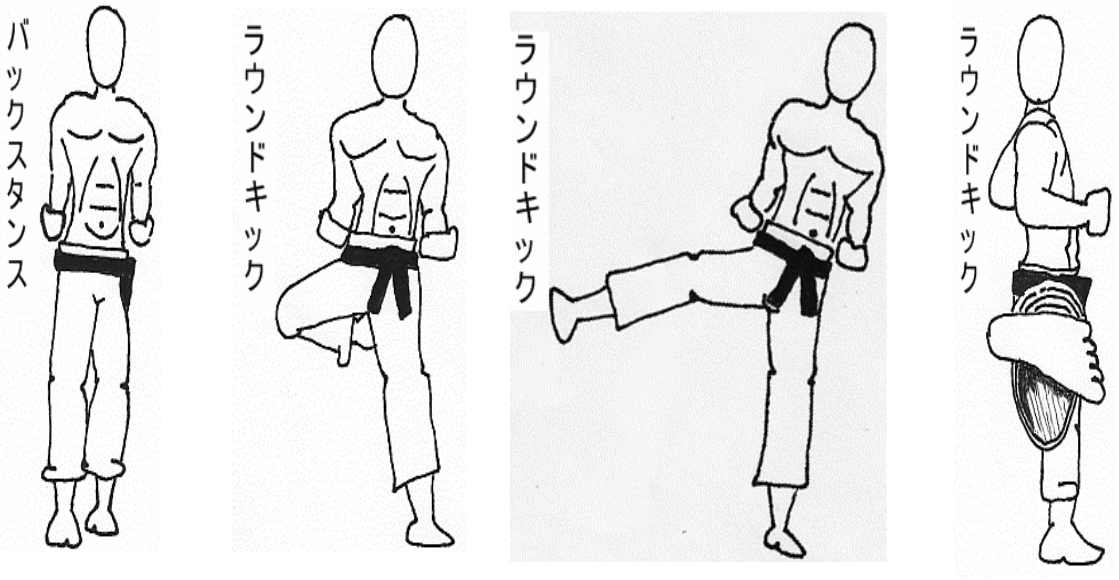



4. **Back or Turning Side Kick**
   Placing all your weight on your front leg, swivel your pelvis to your rear leg is pointing at your target
   Chamber your current front leg behind your rear land and raise your front knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

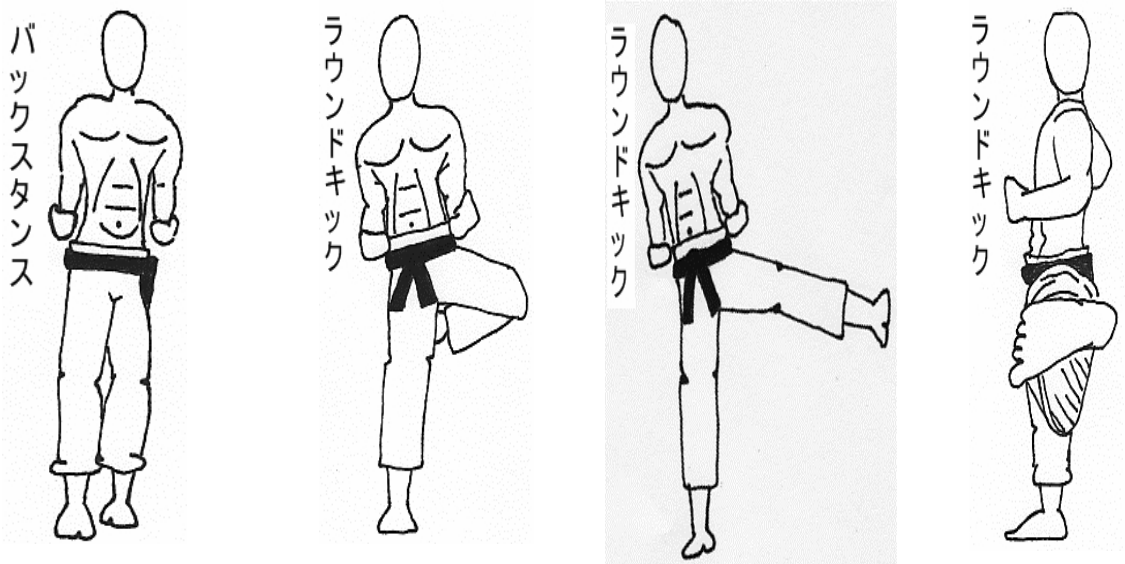


**Ninja Kicking Techniques**

7. **Front round kick**
   Place all your weight on your rear leg and swivel your pelvis toward your target, Picking up your front leg
   And move it forward in an outward arc toward your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

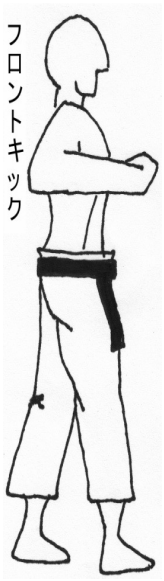


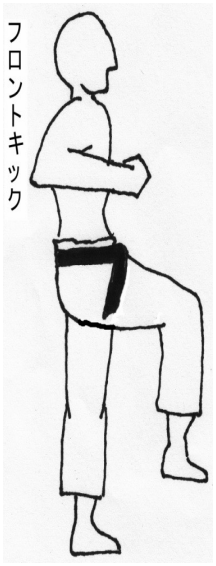

8. **Back or Turning round kick**
   Place all your weight on your front leg and swivel your pelvis toward your target, Picking up your rear leg
   And move it forward in an outward arc toward your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

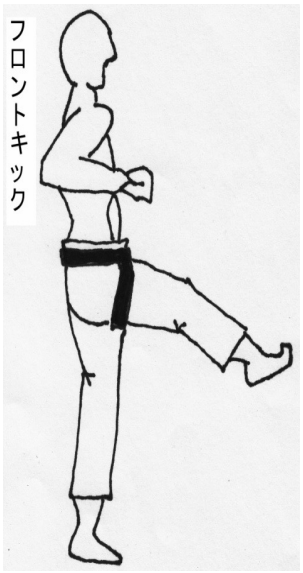


**Ninja Kicking Techniques**

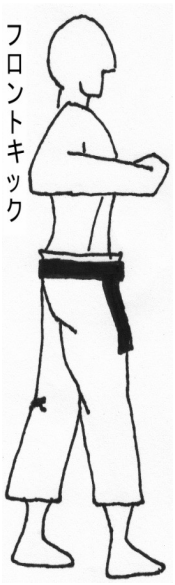
1. **Front Spear kick**
   Placing all your weight on your rear leg raise your front knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

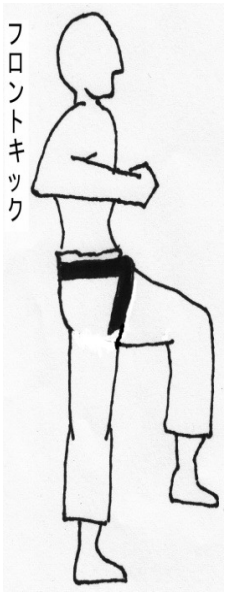


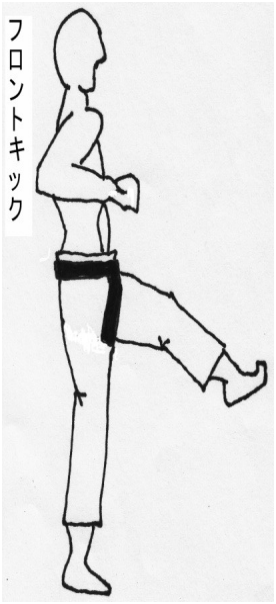





2. **Back or Turning Front Spear kick**
   Placing all your weight on your front leg raise your rear knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

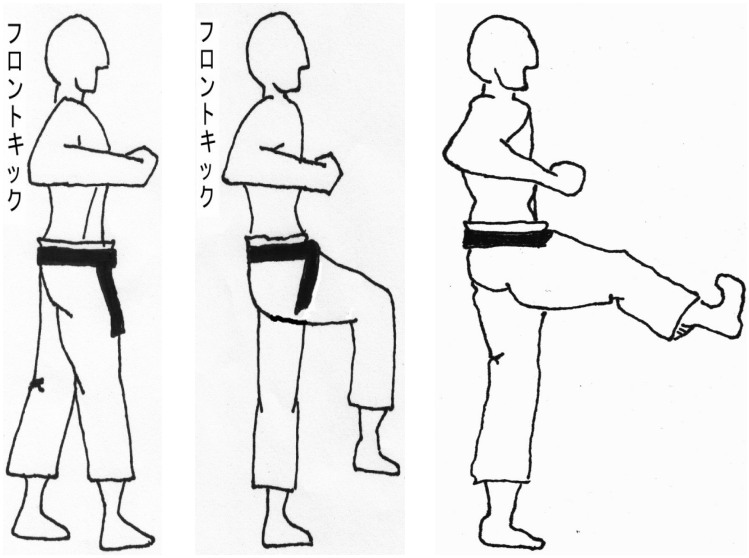




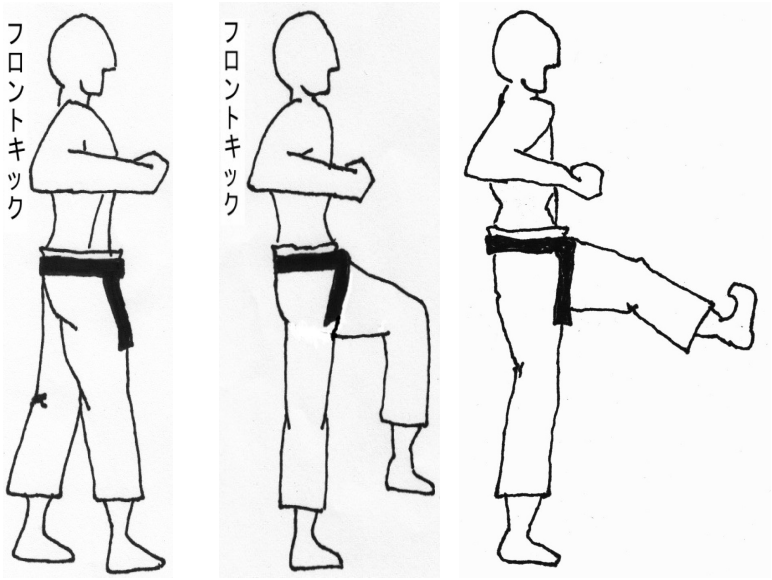


**Ninja Kicking Techniques**

1. **Front Stomp kick**
   Placing all your weight on your rear leg raise your front knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the ball of the heel
   **Targets:** The stomach, The pelvis, The upper legs

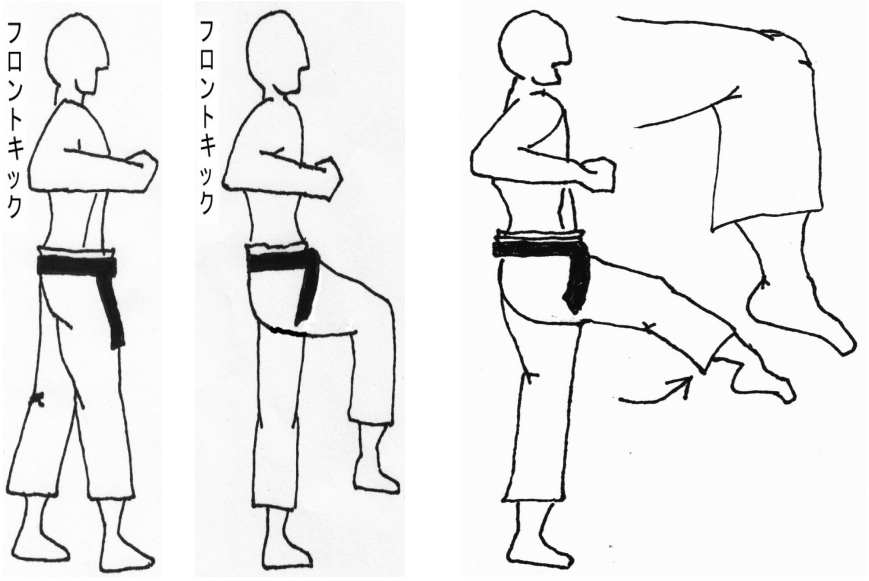



2. **Back or Turning Stomp kick**
   Placing all your weight on your front leg raise your rear knee up toward your target
   Then extend your leg fully kicking your target
   The striking surface is the front ball of heel
   **Targets:** The stomach, The pelvis, The upper legs

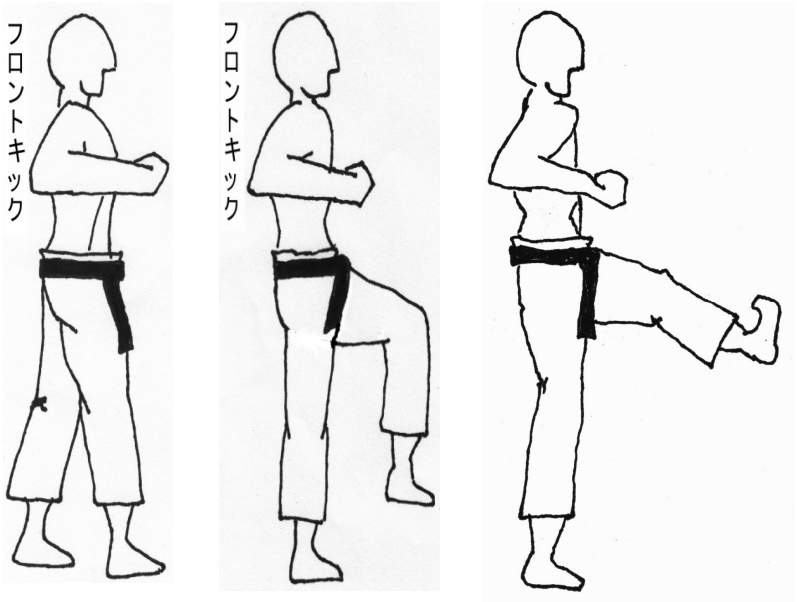


**Ninja Kicking Techniques**

1. **Front Snap kick**
   Placing all your weight on your rear leg raise your front knee up toward your target
   Then extend your leg fully upward kicking your target
   The striking surface is the top of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

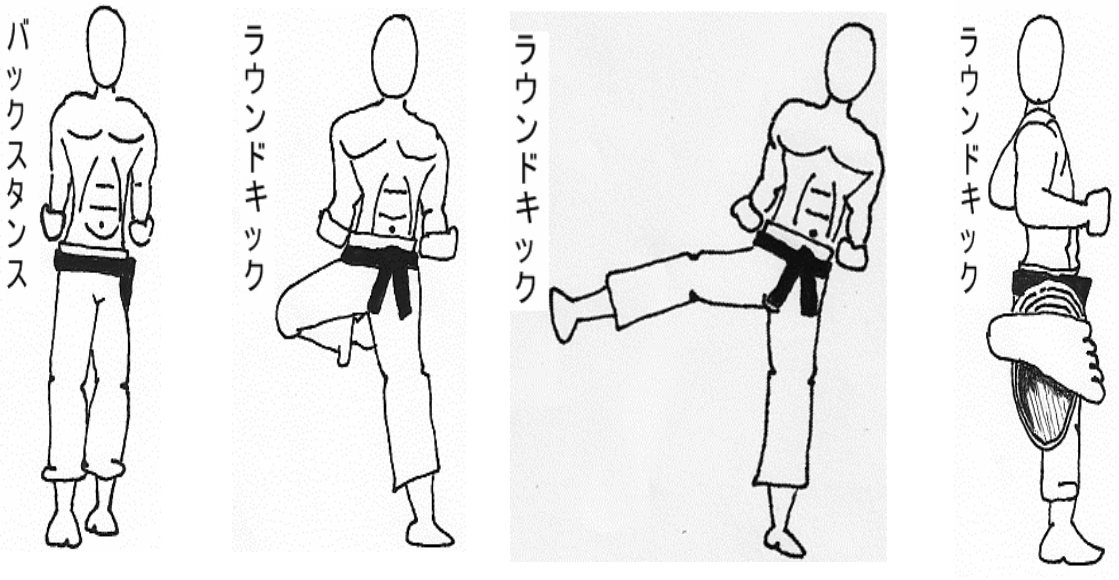



2. **Back or Turning Snap kick**
   Placing all your weight on your front leg raise your rear knee up toward your target
   Then extend your rear leg fully upward kicking your target with the top crown of your foot
   The striking surface is the top of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

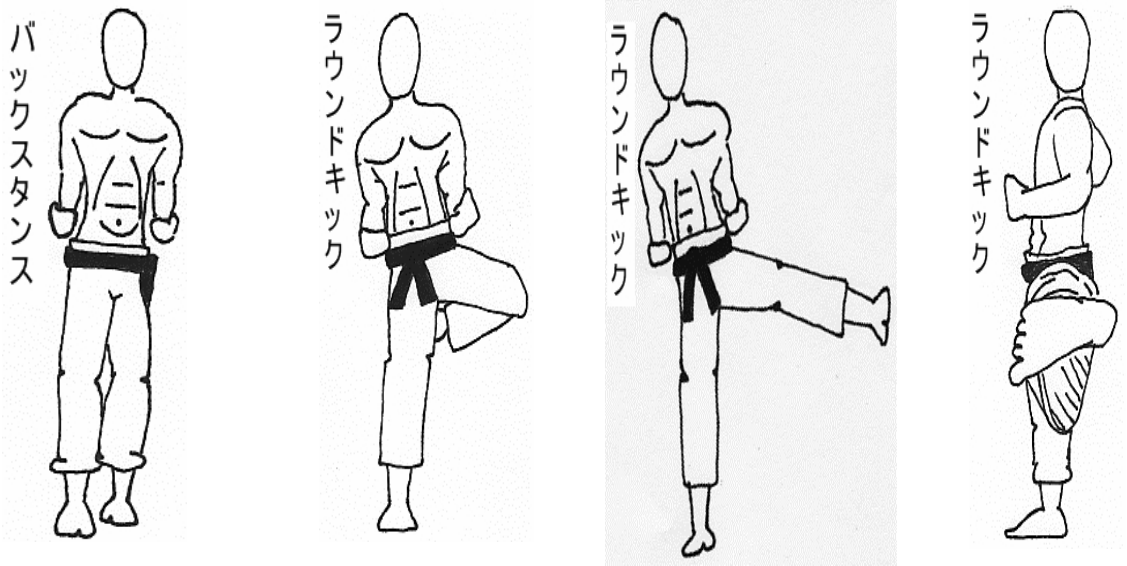


**Ninja Kicking Techniques**

7. **Front round kick**
   Place all your weight on your rear leg and swivel your pelvis toward your target, Picking up your front leg
   And move it forward in an outward arc toward your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

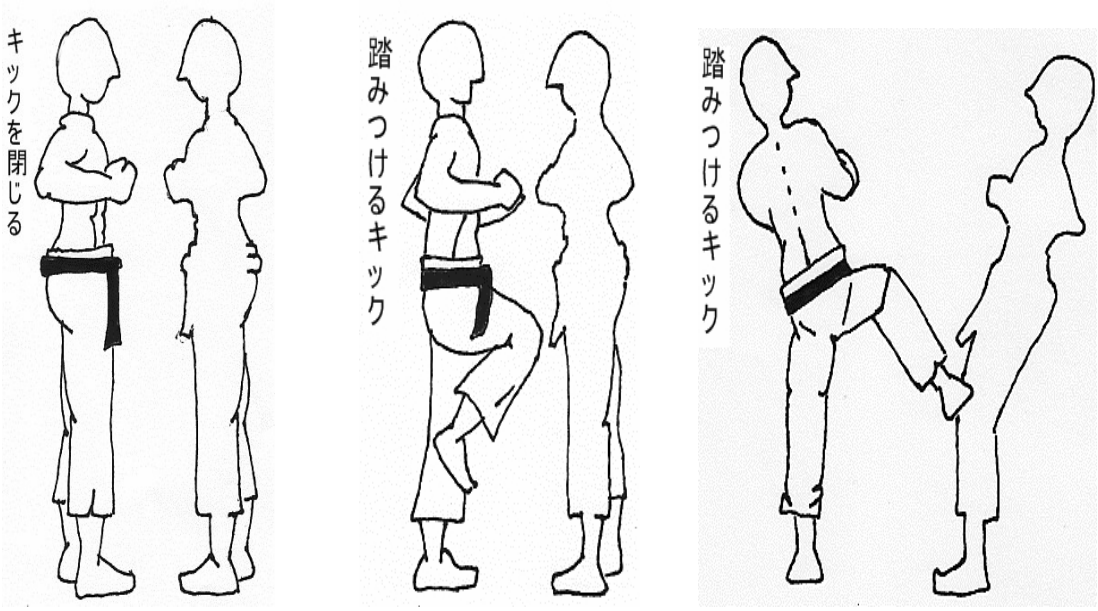



8. **Back or Turning round kick**
   Place all your weight on your front leg and swivel your pelvis toward your target, Picking up your rear leg
   And move it forward in an outward arc toward your target
   The striking surface is the front ball of the foot behind the toes
   **Targets:** The stomach, The pelvis, The upper legs

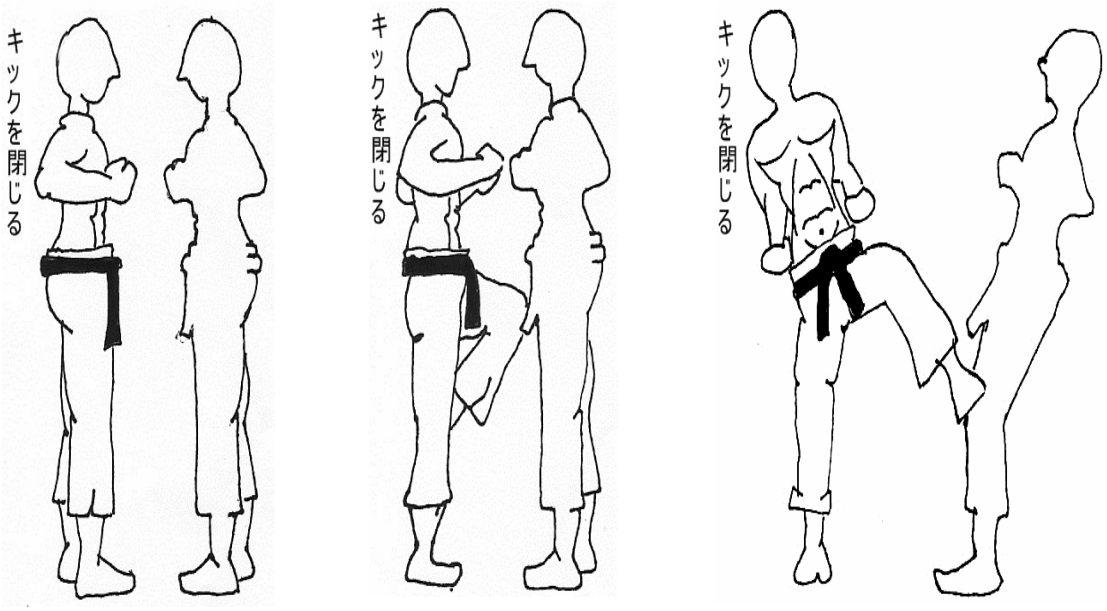


**Ninja Kicking Techniques**

9. **Front scrape kick or close kick**
   Placing all your weight on your rear leg bring your front thigh as high as it will go
   Then aim your foot over your target and drive it downward to your targets legs scraping them with the outside blade of the foot
   **Targets:** The lower legs, the top of the foot



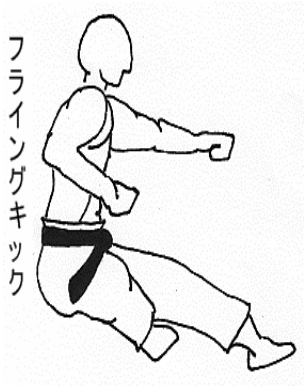

10. **Back or Turning scrape kick or close kick**
    Placing all your weight on your front leg bring your rear thigh as high as it will go
    Then aim your foot over your target and drive it downward to your targets legs scraping them with the outside blade of the foot
    **Targets:** The lower legs, the top of the foot

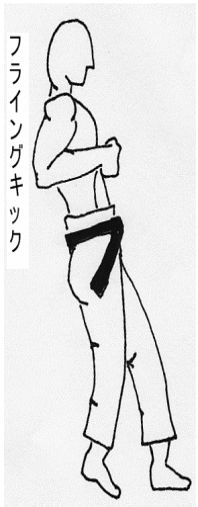


**Ninja Kicking Techniques**

11. **Side flying kick**
    Taking a few steps forward leap with your outside leg and bring your opposite leg to your target for a strike
    You are trying to jump forward diagonally or at a side angle and land on your target
    **Targets:** The upper legs, The lower legs, The ankles and feet

12. **Front flying Kick**
    Taking a few rapid steps forward leap with both your legs and bring your front leg to your target for a strike
    This is a dangerous kick because you are using your target to suddenly stop the forward motion of your body
    And because both your feet are off the floor, you must follow your momentum in a straight line
    Afterward be prepared to do a roll out on the floor and rapidly get back up again
    **Targets:** The Lower Torso, The upper legs, The lower legs, The ankles and feet

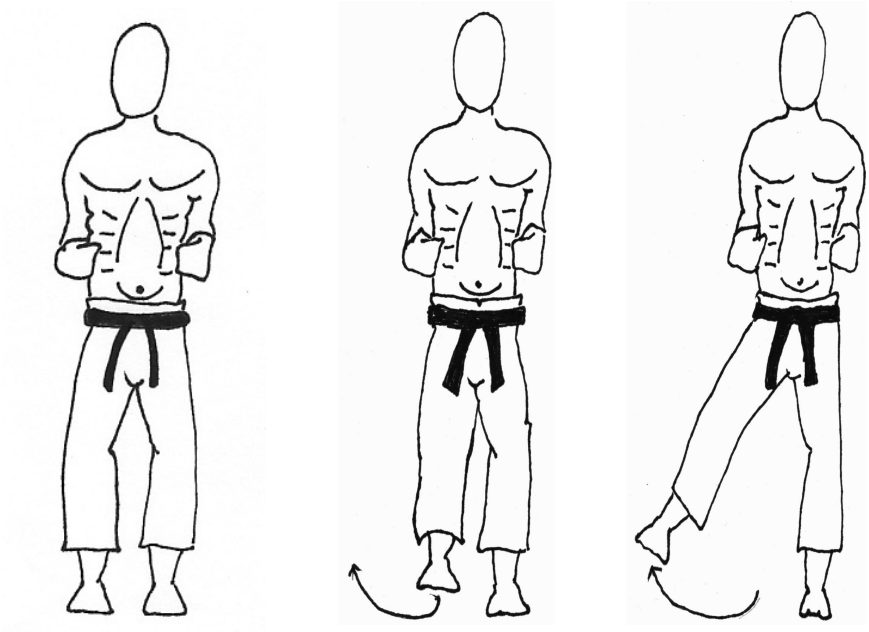




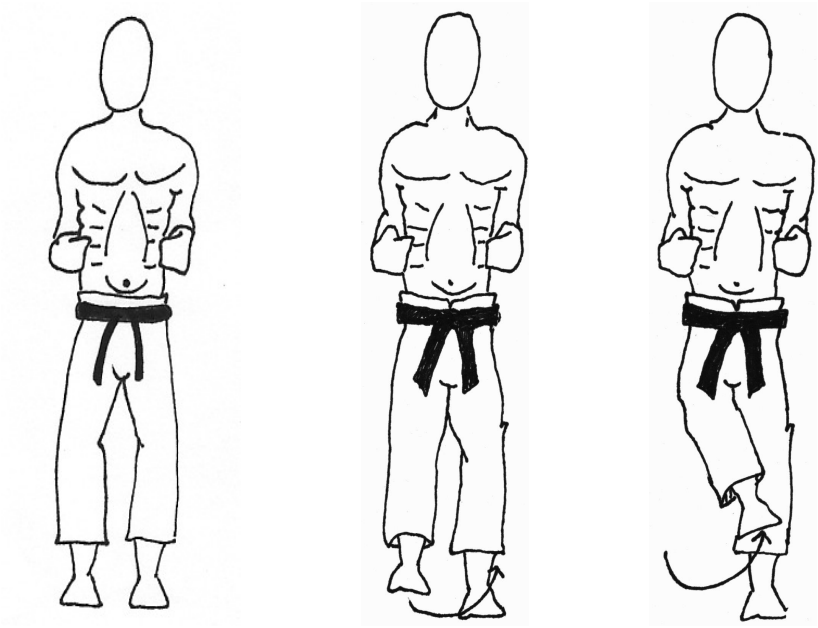
**Ninja Kicking Techniques**

13. **Outside Crescent Kick**
From the front stance move your front leg forward and upward in an arching motion to sweep any thing out of your way
This is a forward sweeping motion to your outside, the idea is to sweep away any low kicks coming at your feet or shins
TARGETS The Feet, The Ankles, The lower Legs of oncoming kicks

**NOTE:** The Outside crescent kick can be used as a hook kick if preformed at the back of an opponent's leg



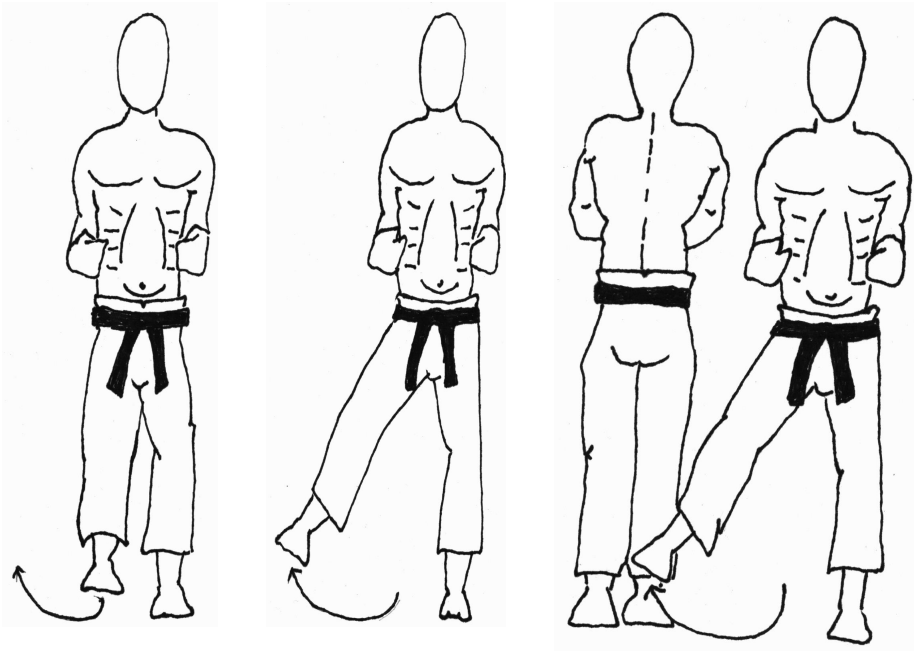
14. **Inside Crescent Kick**
From the front stance move your front leg forward and upward in an arching motion to sweep any thing out of your way
This is a forward sweeping motion to your inside, the idea is to sweep away any low kicks coming at your feet or shins
**TARGETS:** The Feet, The Ankles, The lower Legs of oncoming kicks



**Ninja Kicking Techniques**

13. **Hook Kick**
    While standing in front of your opponent try to pass him far enough so that your side can get access to his rear
    When approaching the side arc your leg forward and outward and strike your opponent with your heel
    This is a forward sweeping motion of your outside leg to the unprotected back of an opponent
    **TARGETS:** The Back of The Feet, The lower Legs, The Lower Back

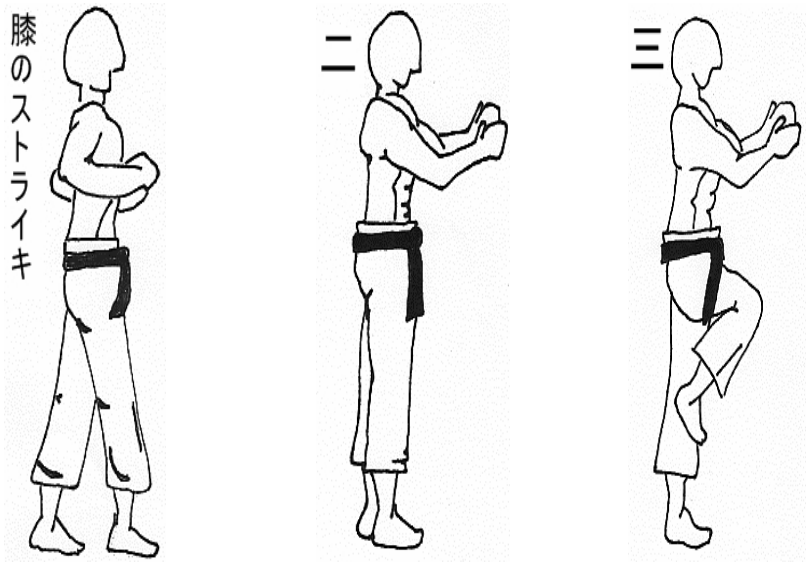
    **NOTE:** The hook kick can be used as a hook kick if preformed at the back of an opponent's leg



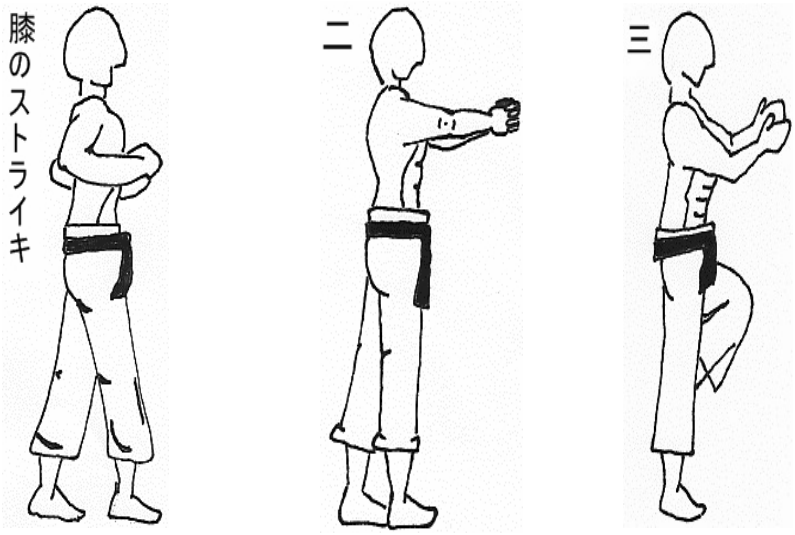
**Ninja Kicking Techniques**

**NOTICE**
This front and back knee kick the version taught in the karate classroom for safety sake
In the Dojo you will practice this version to the Ninja knee kick

12. **Front knee kick**
Place all your weight on your rear leg and reach out to your opponent and grab him in an attempt to drag him close to you
But for karate class you should reach your arms out in front of you and then clasp both your hands together and bring them back
Next bring swivel your pelvis and knee forward and upward striking your target
**Targets:** The stomach, the pelvis, the upper legs




13. **Back or Turning knee kick**
Place all your weight on your front leg and reach out to your opponent and grab him in an attempt to drag him close to you
But for karate class you should reach your arms out in front of you and then clasp both your hands together and bring them back
Next bring swivel your pelvis and knee forward and upward striking your target
**Targets:** The stomach, the pelvis, the upper legs

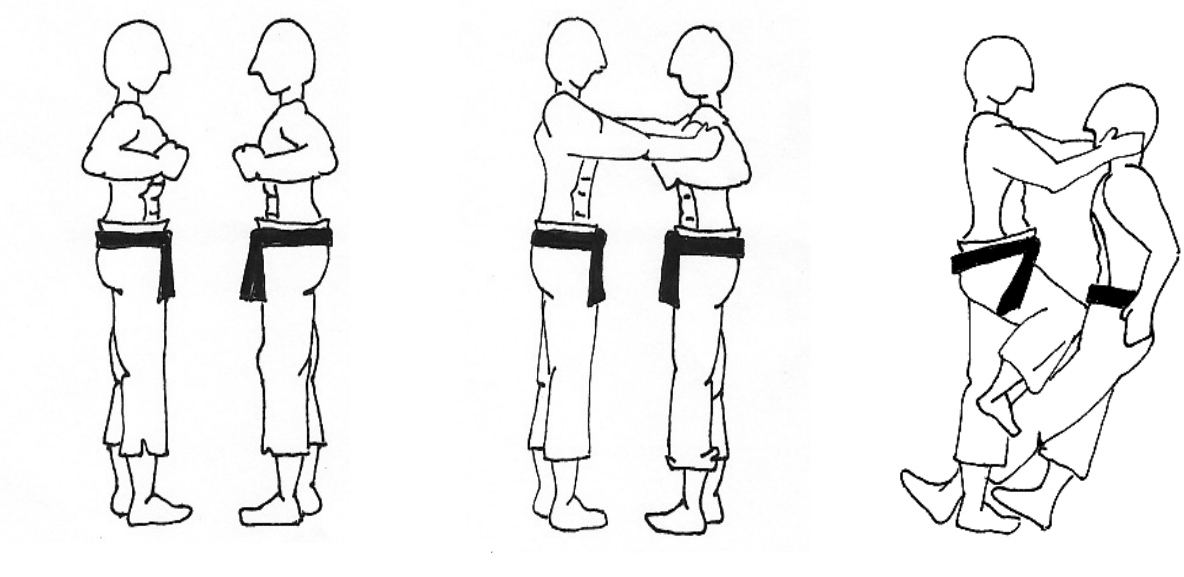


**Ninja Kicking Techniques**

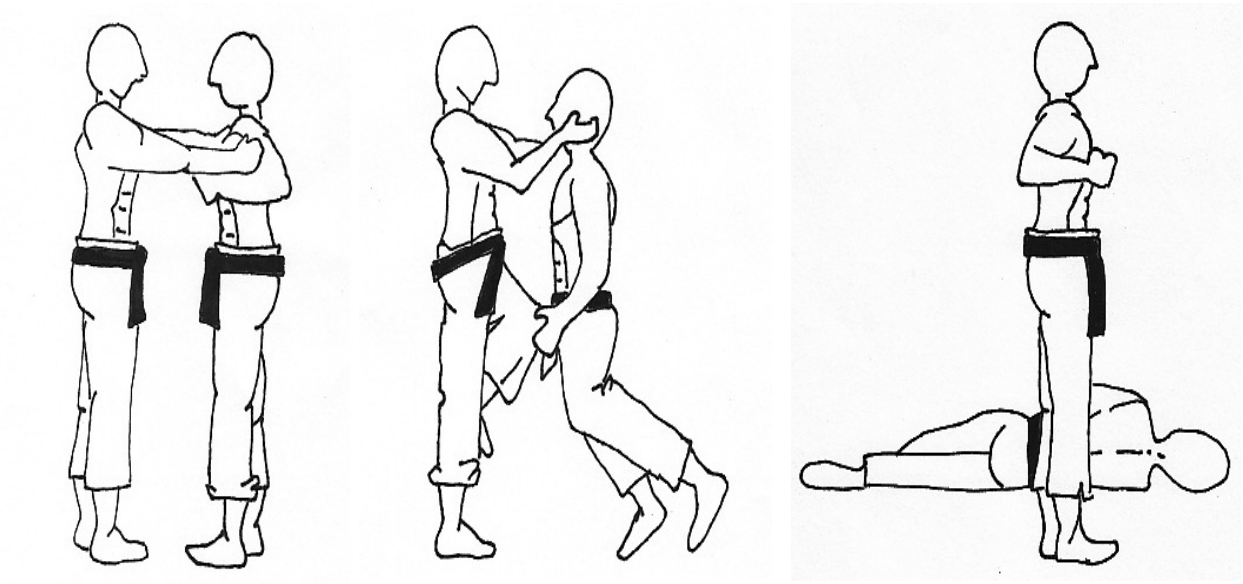
**DANGER**

This is the Ninja technique of the front and rear knee kick as practiced in real life during field operations
This section was included to familiarize you with this technique in a life or death situation

12. **Front knee kick**
    Place all your weight on your rear leg and reach out to your opponent and grab him in an attempt to drag him close to you
    The best places to grab are the Head, Neck and the Upper arms or Shoulders
    The idea is to stop your opponent from moving and allow more force from your knee to be delivered into the body of your opponent
    Next bring swivel your pelvis and knee forward and upward striking your target
    **Targets:** The stomach, The pelvis, The upper legs



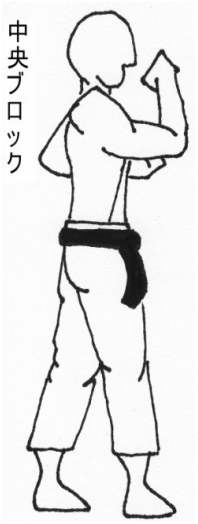
13. **Back or Turning knee kick**
    Place all your weight on your front leg and reach out to your opponent and grab him in an attempt to drag him close to you
    The best places to grab are the Head, Neck and the Upper arms or Shoulders
    The idea is to stop your opponent from moving and allow more force from your knee to be delivered into the body of your opponent
    Next bring swivel your pelvis and knee forward and upward striking your target
    **Targets:** The stomach, The pelvis, The upper legs

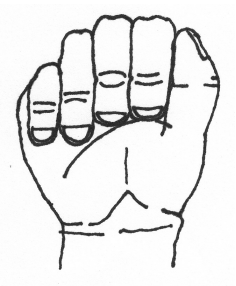


**Ninja Blocking Techniques**

**1. Middle block**

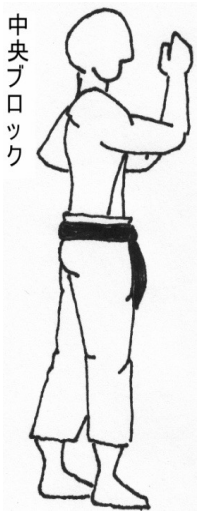
The front block is performed by pointing the elbow
In the direction of danger and placing your forearm in an
Angle toward your attacker
While the hand is balled into a fist



**2. Knife hand middle block**

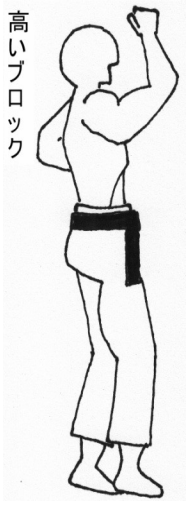
The front block is performed by pointing the elbow
in the direction of danger and placing your forearm in an
Angle toward your attacker
while the hand is formed into a knife shape

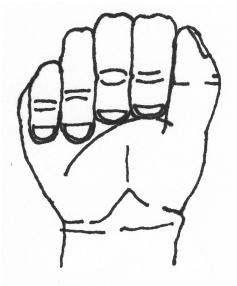


Traditionally the front block is used to protect the neck and head from front punches and strikes
Usually by sweeping away the opponents fist or entwining an attackers arm with yours
Most often the front block will be chambered to the side while another arm is thrust forward for a strike
Then this chambered arm is used as a front strike

**3. High block**

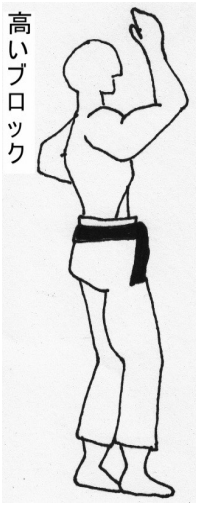
The hand is balled into a fist over head
With the elbow pointed high slightly to the side
And the forearm arched over the head

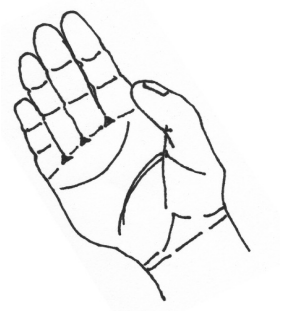


**4. Knife hand high block**

The hand is balled into a knife shape overhead
With the elbow pointed high slightly to the side
And the forearm arched over the head



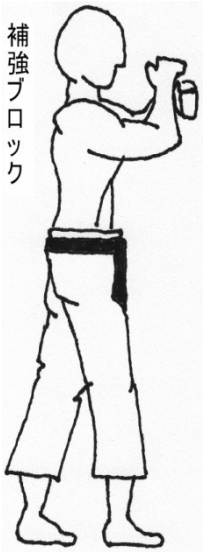



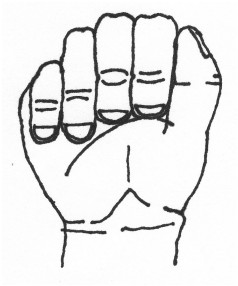
The high block is almost always used to protect the head and face from downward punches and hand strikes
Such as a downward karate blow or even to deflect a stick coming downward to your head

**Ninja Blocking Techniques**

**5. X-Block**

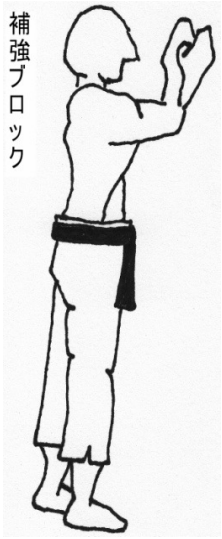
Both forearms are held at an angle
Both elbows are pointed forward
And the hands are balled into fists

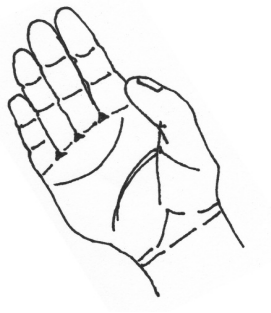


**6. Knife hand X- Block**

Both forearms are held at an angle
Both elbows are pointed forward
And the hands are formed into knives

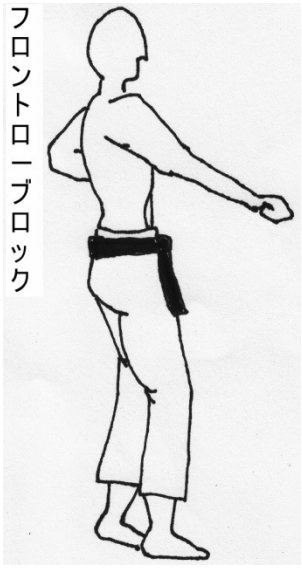


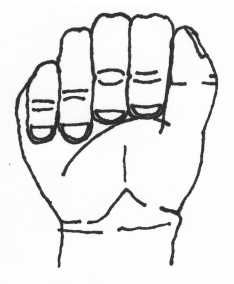



The X-block is almost always used to defend against high kicks or power strikes to the upper chest and head
Other martial arts groups call this block the reinforced block
Due to the fact that both arms are crossed over another to give reinforced strength to the arms for blocking
And as always during a knife hand block, The hands are formed for knife hand and spear hand strikes

**7. Low block**

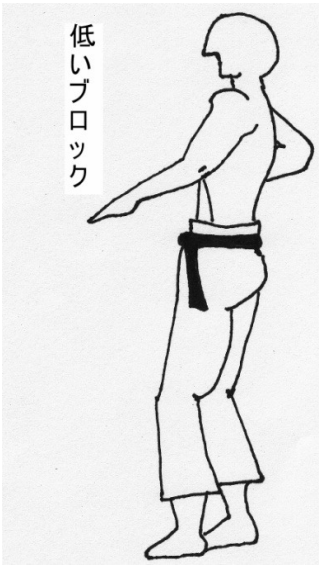
The hand is balled into a fist and the arm is pointing
Forward vertically to the floor
Usually the opposite arm is chambered for a strike

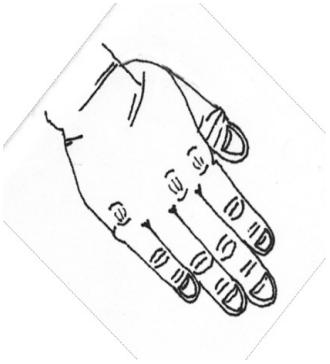


**8. Knife hand low block**

The hand is formed into a knife and the arm is pointing
Forward vertically to the floor
Usually the opposite arm is chambered for a strike



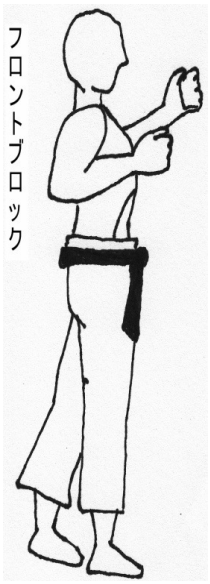



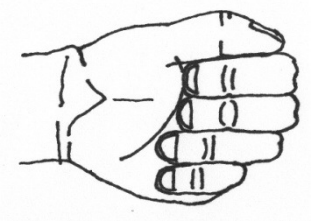
The low block is used primarily as a defense against kicks and other low blows
Most karate-ka prefer to use the back or middle stance when performing the low block

**Ninja Blocking Techniques**

**9. Double Forearm block**

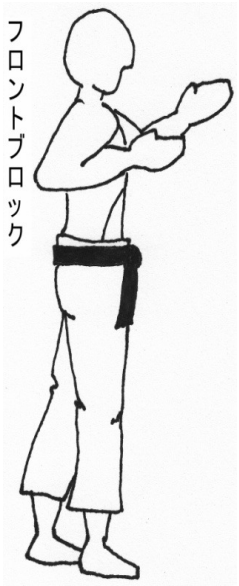
For the twin block both hands are engaged in blocking
The front arm is bent at the elbow and pointed forward
The front hand is balled into a fist
And the rear arm is directly over the chest

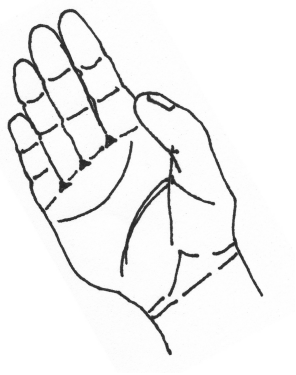


**10. Knife hand double Forearm block**

For the twin block both hands are engaged in blocking
The front arm is bent at the elbow and pointed forward
The front hand is formed into a knife
And the rear arm is directly over the chest

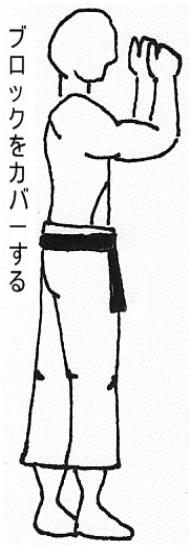


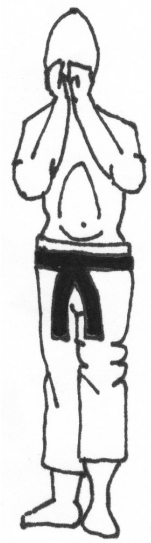



The double or twin block should always be your first choice of defending your upper body during an altercation

**11. Cover block**

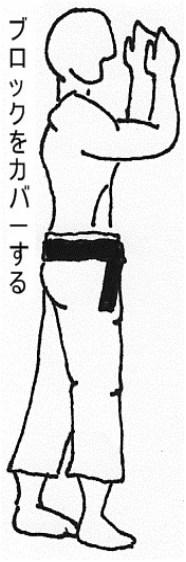
With the cover block both arms are in front of the face
The elbows pointing downward
The forearms pointing upwards back to the head
The hands are balled into fists



**12. Knife hand cover block**

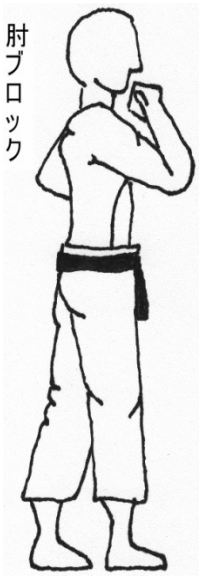
With the cover block both arms are in front of the face
The elbows pointing downward
The forearms pointing upwards back to the head
The hands are formed into knives



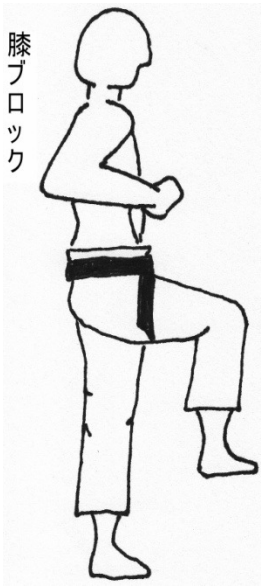
Most ninja use the cover block in situations of a surprise attack!

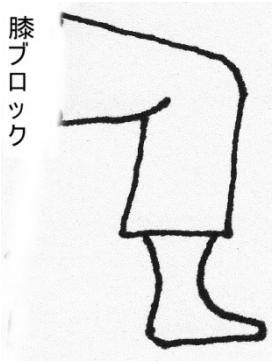
**Ninja Blocking Techniques**

13. **L or R Horizontal elbow block**
The front elbow is projected forward at an angle pointing slightly to the ground
This block is used to deflect high kicks but can also be used to deflect
Punches or strikes to the upper chest or neck



15. **L or R Horizontal Knee block**
The front knee is projected forward at a level angle with the ground
This block is used to deflect kicks and low strikes and punches



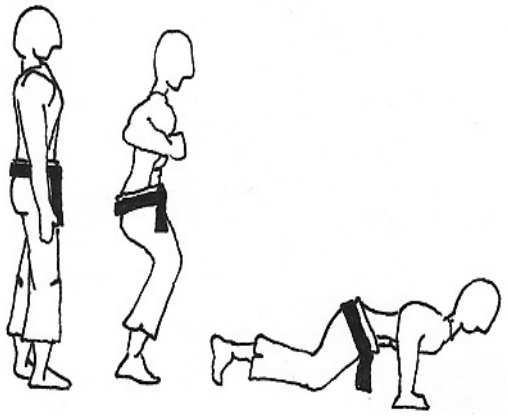



**Ninja Breakfall Techniques**

A break fall enables a ninja to fall down without getting hurt and get back up in a hurry

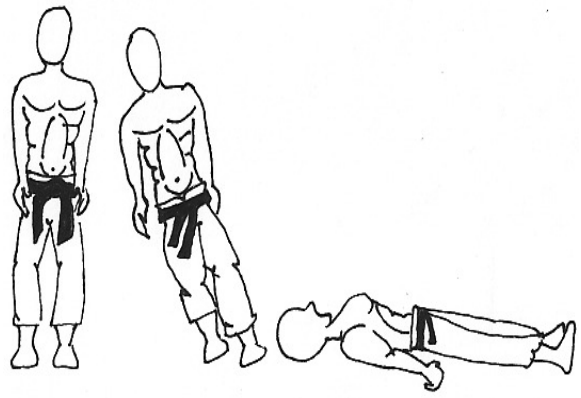
1. **Forward break fall**

From a standing position slide your right foot backwards and bend your left knee downward
Until you are kneeling on the ground allowing your torso to pivot downward to the ground
Next rest your body on the floor by landing on the bottom surface of both of your hands and forearms
After any break fall curl up into a ball to protect your arms and legs from further damage



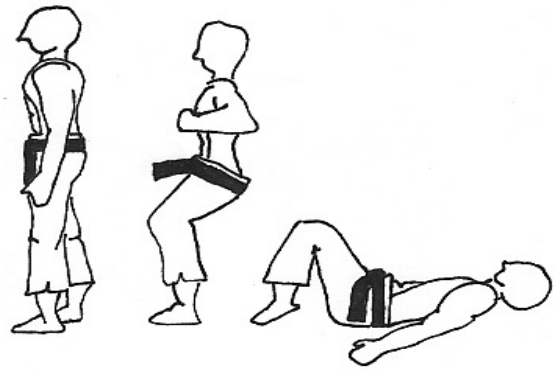
2. **Side break fall**

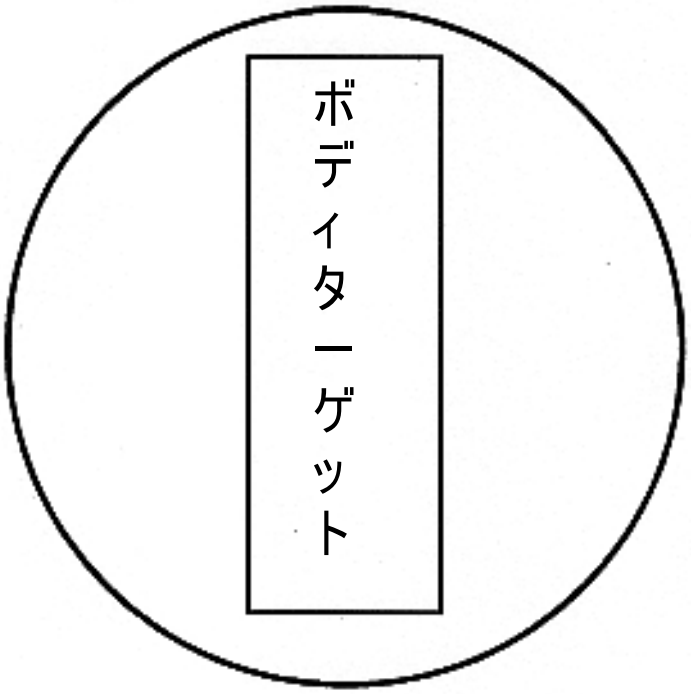
From a standing position slide your right leg over your left foot. And bend your right knee forward
Until you are squatting to the floor and leaning to the right
Next allow your body to fall down, turning to the right landing on the left buttock and hip
And stop moving by slamming down on the palm of your right hand and forearm
After any break fall curl up into a ball to protect your arms and legs from further damage



3. **Back break fall**

From a standing position bend both knees downward until you are squatting low to the floor
Next roll backwards over your buttocks and back
Now when your shoulders touch the floor move your arms outwards to the sides
And stop moving by slamming down on the palms of your hands and forearms
After any break fall curl up into a ball to protect your arms and legs from further damage






**Target atlas of the human body**
This section deals with the aspect of attack and combat for the ninja operative

**Special Note:** This treatise on combat is not to be given to or shared with anyone outside this ninja clan
The section of this book deals with the art of war and combat and should not be considered lightly

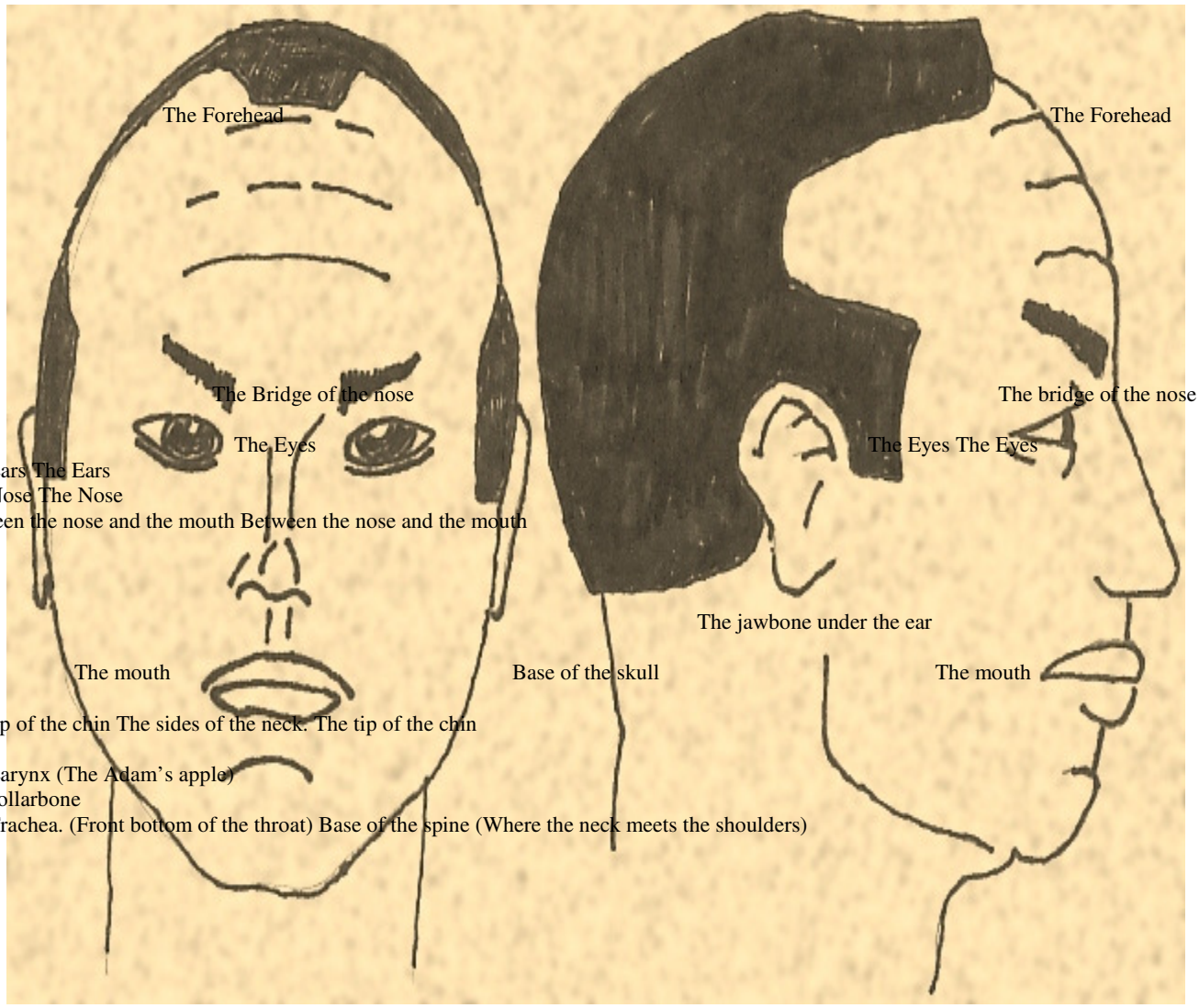
Prudence and discretion is always advised when including this combat guide in your karate course.
The Ninja combat guide is not intended for anyone under 17 years of age or younger.

**Target atlas of the human head**

Target areas of the human body as prescribed by Kuroi Neko Tai-Jutsu

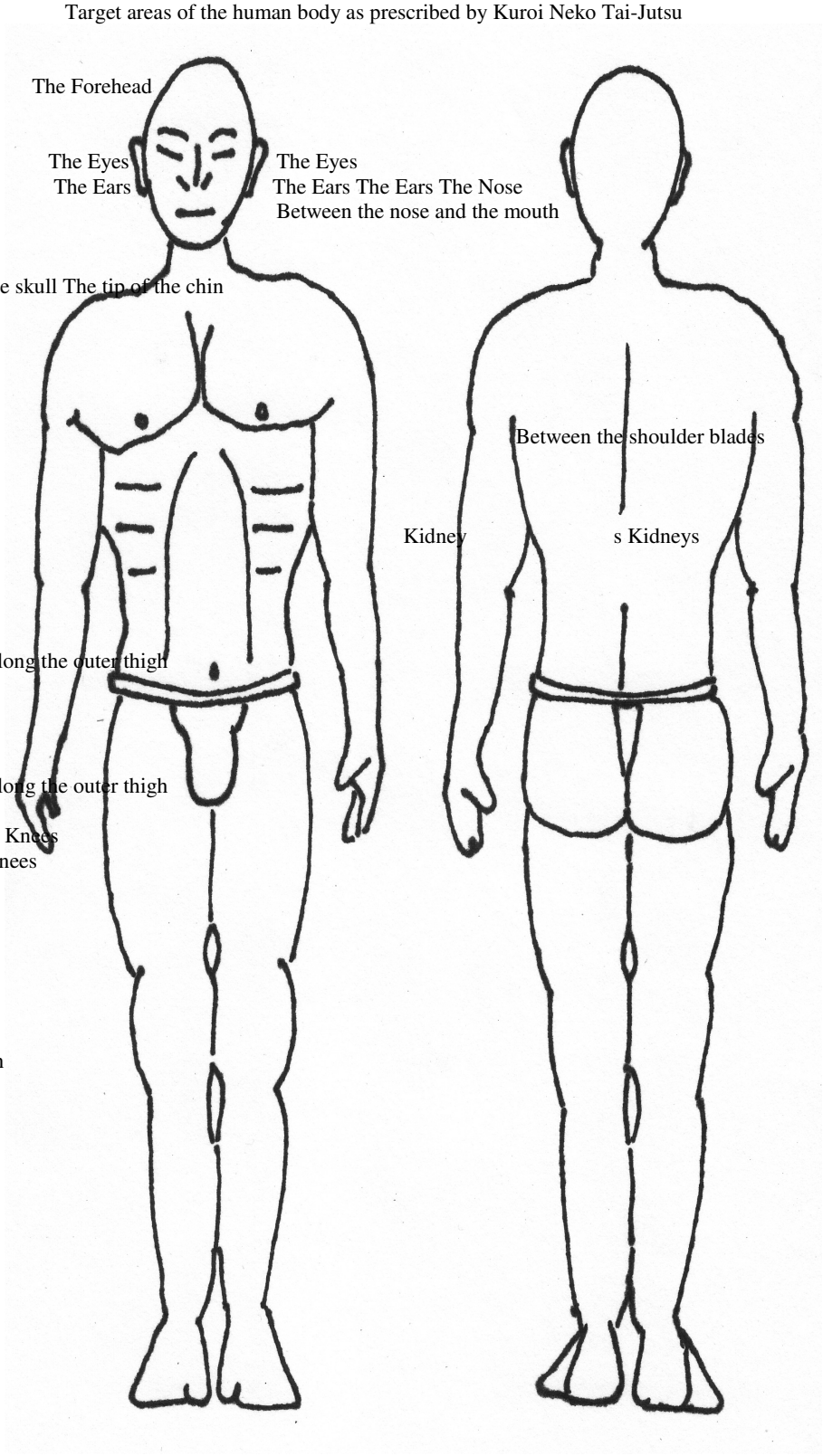
**SPECIAL NOTE** Memorize striking the target areas of the human body for karate class
Having an automatic response to a target area makes the ninja the world's most lethal fighter

**SPECIAL NOTE** The clear majority of the lethal target areas of the human body are found on the head and neck
Making the head your first priority in any kind of human combat


The Forehead
The Forehead
The Bridge of the nose
The bridge of the nose
The Eyes
The Eyes The Eyes
The Ears The Ears
The Nose The Nose
Between the nose and the mouth Between the nose and the mouth
The jawbone under the ear
The mouth
Base of the skull
The mouth
The tip of the chin The sides of the neck. The tip of the chin
The Larynx (The Adam's apple)
The collarbone
The Trachea. (Front bottom of the throat) Base of the spine (Where the neck meets the shoulders)

**Target atlas of the human body**

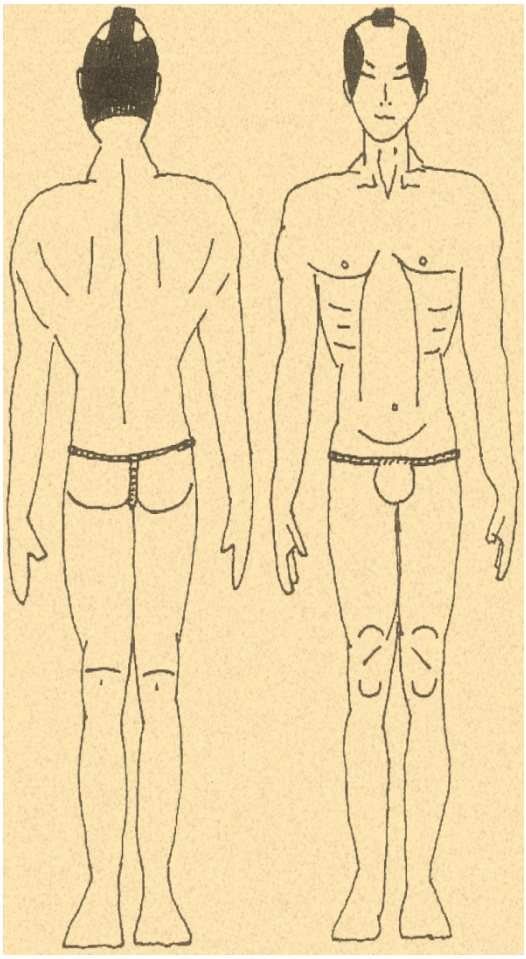
Target areas of the human body as prescribed by Kuroi Neko Tai-Jutsu



**Target atlas of the human body**

Target areas of the human body as prescribed Tai-Jutsu

1. The Forehead
2. The sides of the upper head
3. The eyes
4. The bridge of the nose.
5. The nose
6. The Philtrum between the lips and the nose
7. The mouth
8. The tip of the chin
9. The section of the jawbone below the ears.
10. The Larynx
11. The Trachea.
12. The base of the skull
13. The Ears
14. The base of the spine
15. The sides of the neck
16. The solar plexus
17. The floating ribs.
18. Directly below the nipples
19. The stomach
20. The kidneys
21. The groin
22. The coccyx
23. The Outside of the thigh.
24. Knees
25. Shin
26. Calves
27. Ankles, Front
28. Feet, Front



**Synopsis on the sensitive and potentially lethal areas of the human body**

1. The Forehead Sensitive area / potentially lethal area
2. The sides of the upper head Sensitive area
3. The eyes Sensitive area / permanently disabling area
4. The bridge of the nose. Sensitive area
5. The nose Sensitive area
6. The Philtrum between the lips and the nose Sensitive area
7. The mouth Sensitive area
8. The tip of the chin temporarily disabling area
9. The section of the jawbone below the ears. Sensitive area
10. The Larynx (The thyroid cartilage) potentially lethal area
11. The Trachea. (The bottom of the throat) Potentially lethal area
12. The base of the skull (Where the head meets the neck) potentially lethal area
13. The Ears Temporarily disabling area/ permanently disabling area
14. The base of the spine (Where the neck meets the shoulders) potentially lethal area
15. The sides of the neck (The carotid arteries) temporarily disabling area
16. The solar plexus temporarily disabling area
17. The floating ribs. (The bottom of the rib cage) Temporarily disabling area / potentially lethal area
18. Directly below the nipples Sensitive area
19. The stomach temporarily disabling area / potentially lethal area
20. The kidneys temporarily disabling area / potentially lethal area
21. The groin Sensitive area
22. The coccyx (Tail Bone) temporarily disabling area / potentially disabling area
23. The Outside of the thigh. (The Common Perennial Nerve) Temporarily disabling area
24. Knees. (Knee cap in front or any side of the knee) Sensitive area / potentially disabling area
25. Shin Sensitive area
26. Calves Sensitive area
27. Ankles, Front / Back Sensitive area
28. Feet, Front / Back Sensitive area

**Classroom Sparring**
Free sparring match, or informal karate contest

**The white belt ninja student May not free spar with other students**
**But the senior instructor may spar with a white belt**

Classroom sparring is an informal karate contest much like a training drill.
Meaning dozens of matches are held at the same time.

This exercise is good for the ninja because it familiarizes him or her with there own fighting abilities
And builds a psychology of winning
The beginning Ninja learns that his opponent is not an invincible character out of a movie
And in fact, the Ninja himself is an invincible fighter capable of defeating or evading any dangerous adversary.

Each contestant must wear 1 head protector and 2 hand protectors and 2-foot protectors. And 1 mouth protector
Males should always wear a protective cup.

This informal contest may be held daily in class.
Lest say an instructor has 20 students in his class for free sparring practice
Then the instructor shall make 2 parallel lines of 10 students each, each set of students shall face each other

In this contest 1 fighter shall combat 1 fighter for 2 minutes. But after the bout the fighters will change places in line.
For simplicity's sake think of ten sparring matches going on at once like in a 3-ring circus.

And the person will only fight the person directly in front of him/her until the two-minute match is over.
And the fighters change positions in the line and fight a totally different student
There are no winners or losers in this type of contest. This is only practice for the real matches
The student shall later encounter during his training.

Acceptable target areas for scoring are the upper chest and stomach
Unacceptable areas for striking are the head and neck and anyplace below the belt line of a sparring partner

A free sparring match is only one round each and exactly 2 minutes long.
With a minute break between each round. For a total of 3 minutes for each free sparring match
A professional match is five rounds; each match is exactly 2 minutes long. With a minute break between each round.
For a total of three 2 minute breaks for each professional match

The contest shall begin with the instructor calls the class for the sparring
The instructor shall create two rows of students facing each other
Both rows of contestants shall bow to each other and shake hands
The instructor shall order the fighters to begin and end
The match will begin
The match shall take no longer than 2 minuets
The instructor shall order the match to end
The match will begin after both contestants have begun the fighter stance
Both rows of contestants shall bow to the instructor then each other and shake hands
The instructor shall order the rows to cycle
After the row has cycled, the instructor shall order the fighters to begin and end

**Karate Contest**
**The amateur karate contest**

The rules of the amateur karate match is the same as a professional karate match in a ring
The entire class shall sit in a circle around both fighters and the school instructor shall act as the referee
In this type of contest there are designated winners and losers
The winner is the fighter who lands the most strikes upon another fighter in the match.
Each strike is graded on points. The fighter with the most points after three rounds is declared the winner

**Required Safety Equipment**
All contestants shall wear 1.Mouthpiece 1. Headgear 2. Foot protectors
2. Hand protectors 1 (Male) Protective Cup

The school instructor will call the class together for the amateur karate contest
Both students shall first bow to the instructor and then to each other
The instructor shall order the fighters to begin and end
Each match shall take no longer than 2-minuets then a break must be called for one minuet
Both karate fighters must return to a designated spot in the classroom during the break

After the 1-minuet break is finished the match shall resume for the prescribed 2-minuet interval
The match shall resume until the prescribed 3-matches of the amateur contest have been completed
If any of the karate contestants is seen bleeding even slightly then the contest must be called off
The instructor shall make note of all strikes made on acceptable areas of the fighters
At the end of the contest the contestants shall bow to the instructor then each other

**Scoring**
Each karate match shall be 2 minutes long. With 1 minute break between each match
There are 3 matches in an amateur karate contest
The competitor who scores the most points after all three matches have been completed is the winner.

**Acceptable Areas for scoring**
1. The head (Check for local rules)
2. Chest
3. Abdomen (Above the belt)

**Prohibited Areas**
1. The head (Check for local rules)
2. The legs
3. The back
4. Below the waist area (The belt area)

**Prohibited Techniques**
1. Knee Strikes
2. Elbow Strikes
3. Spinning punches
4. Any technique to the legs (Except blocks by hand or elbow)

**Karate Sparring.**

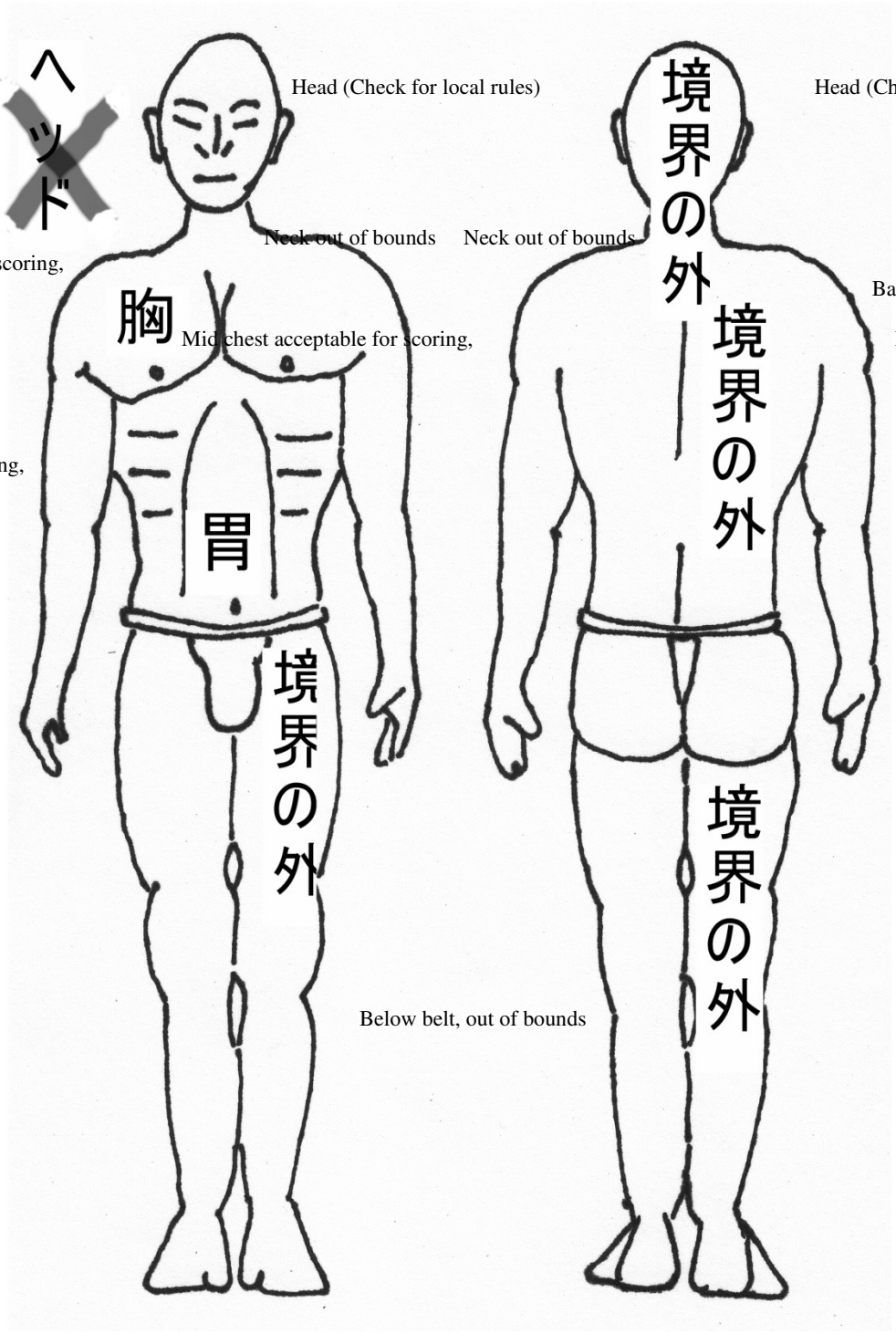
1 Date _____ Name _____ _____ Name _____ _____

2 Date _____ Name _____ _____ Name _____ _____

3 Date _____ Name _____ _____ Name _____ _____

**Acceptable areas for scoring**

All fighters must use a head protector regardless if the head is considered out of bounds
A mouth protector (Tooth Guard)
Two hand protectors
Two foot protectors
All male fighters must use a male athletic cup




Head (Check for local rules)

Head (Check for local rules)

Neck out of bounds

Neck out of bounds

Upper chest acceptable for scoring,

Back out of bounds

Mid chest acceptable for scoring,

Back out of bounds

Stomach acceptable for scoring,

Back out of bounds

Below belt out of bounds

Below belt out of bounds

Below belt out of bounds

Below belt, out of bounds

Below belt, out of bounds

The contest shall be temporarily suspended if a fighter looses a piece of equipment
The contest shall be temporarily suspended if a fighter accidentally slips and falls
The contest shall be canceled if a fighter is observed performing an illegal or unauthorized technique
The contest shall be canceled if a fighter is observed bleeding
The contest shall be canceled if a fighter is knocked down

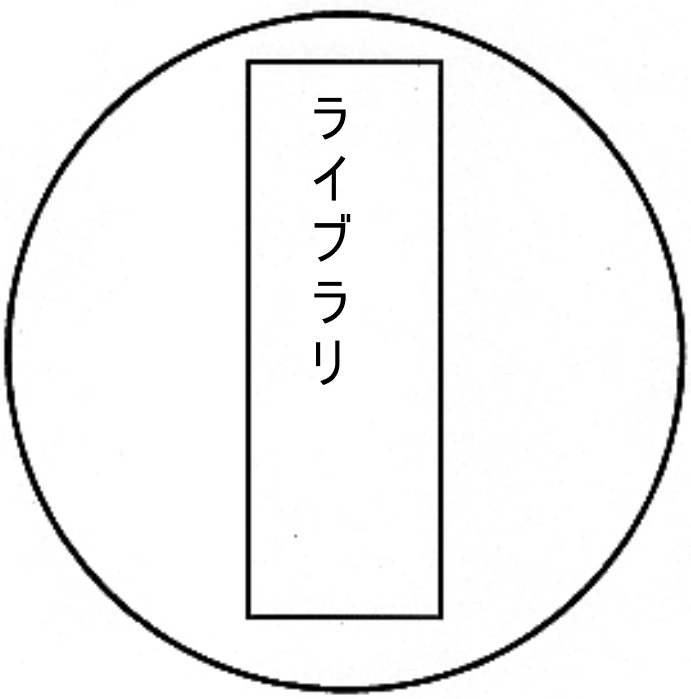
**Student notes**

Back Cover Back Cover Back Cover

**Chapter 9**
Ninja reference library

Ninja reference library

Japanese to English Translation



# TIMELINE OF JAPANESE HISTORY

35,000 BC to 14,000 BC The Paleolithic Period Stone Age Japan
250 to 538 The Kofun Period
538 to 710 The Asuka Period Prince Shotoku began hiring professionally trained spies or Shinobi

710 to 794 The Nara Period

794 to 1185 The Heian Period In 1020 Chinese Monks make their appearance in Japan, Begin instruction in warfare
In 1162 Japanese Samurai Daisuke Togakure and Chinese monk Kain Doshi
Created a form of unconventional warfare called Ninjitsu

1185 to 1333 The Kamakura Period Mongol invasion of Japan in 1274, and again seven years later in 1281
Intelligence gathered by Ninja's turn's the tide of battle in Japans favor
1333 to 1336 The Kenmu Period
1336 to 1573 The Muromachi Period
1336 to 1392 The Nanboku-Cho Period
1467 to 1573 The Sengoku Period
1568 to 1603 The Azuchi Period The battle of Fushima Castle, The last major battle involving Ninja's

1603 to 1868 The Edo Period All Ninja clans, And the practice of Ninjutsu are outlawed in Japan
Many Ninja clans become karate schools and martial arts academies
In 1865 many ninja immigrate to America and form their own clandestine clans

1868 to 1912 The Meiji Period With the Haitori Edict, The Samurai class is disbanded and outlawed in Japan!
Many Samurai warriors are left unemployed, or must take any menial work available
Others are forced to emigrate overseas to start new lives abroad

In America, The Burlingame act of 1869 sought to control the immigration of Asians entering The United States
Politicians hearing stories of Japanese assassins with super human powers created legislation to curtail the immigration
Of Chinese and Japanese entering North America after it becomes painfully apparent that large American companies
Are employing Ninja's to commit corporate espionage and acts of atrocities against rival business competitors

Spurred on by complaints by American Labor Unions
The Chinese exclusion act 1880 excluded further emigration of Asians into America

1912 to 1926 The Taisho Period

1926 to 1989 The Showa Period Japan begins a strategy of militarism throughout the east to acquire resources
In 1934 Japan invades China, In response western nations end all trade with Japan
In 1941 Japan declares war on all western powers in the pacific
By 1945 Japan was militarily defeated and conquered by the western powers
In 1976 Japan becomes the 3rd richest nation in the world
In 1989 Japanese Emperor Hirohito dies and is replaced by Emperor Akihito

1989 to Present The Heisei Period Modern Japan

# Ninja Glossary

**Ninja Training Commands**

| | |
|---|---|
| Attention | Kiotsuke |
| Begin | Hajime |
| Body art | Tai-sabaki |
| Bow | Rei |
| Class Dismissed | Keiko Shuryo |
| End (To stop) | Sore-made |
| Exercise | Koushi |
| Fix your uniform | Fukuso Totonoete |
| Freeze (Stop moving in place ) | Tou |
| Free sparring | Randori |
| Instructor | Sensi |
| Jump | Joutou |
| Leap | Chouyaku |
| Line Up | Seiretsu |
| Mat (floor cushion) | Tatami |
| Ninja Uniform | Shinobi-shozoku |
| Training Drills | Kunren |
| Training Hall | Dojo |
| Training Uniform | Gi |
| Ready | Yoi |
| School | Ryu |
| Senior Student | Sempai |
| Shout (Spirit Yell) | Kiai |
| Slow | Yukuri |
| Spring | T'iao Ch'i |
| Stop | Yame |
| Strike | Uchi |

**Ninja Personnel**

| | |
|---|---|
| Ninja Bottom Man (Ninja Operative) | Genin |
| Ninja Clan Leader (Top Man) | Jonin |
| Ninja (Female) | Kunichi |
| Ninja Minor Leader (Middle Man) | Chunin |
| Ninja with very little training (Beginning Ninja ) | Kusa |
| Ninja with very little training (violence criminal) | Nobuseri |
| Ninja Renegade (A deserter) | Nukenin |
| Ninja who has betrayed his clan (A Traitor) | Muhonin |

**Ninja Clothes**

| | |
|---|---|
| Apron | Maekake |
| Bag | Kaban |
| Belt | Obi |
| Blanket (Wrap) | Moufu |
| Boots | Tabi |
| Clothes | Fuku |
| Hat | Boushi |
| Hand Covers | Tekko |
| Hood | Zukin |
| Leg Wraps or Leggings | Kyahan |
| Mask | Fukumen |
| Pants | Hakama |
| Sandals | Waraji / Zori |
| Shirt | Uwagi |
| Socks | Kutsushita |
| Uniform (Ninja uniform) | Shinobi-shozoku or Ninja-yoroi |

## Ninja Glossary

**Ninja Weapons**

| | |
|---|---|
| Ax (Small) | Masaksri |
| Blinding Powder or eye closer | Metsubishi Tossed into the eyes of an opponent |
| Blowgun | Fukiya |
| Caltrops (Any sharp plant seeds) | Tetsubishi Tossed to the ground to detour pursuit |
| Chain (Small weighted chain) | Kusari |
| Club | Tetsubo |
| Egg (Small explosive) | Tomago |
| Fan | Tessen |
| Firearm (Pistol) | Futoroteppo |
| Firearm (Musket or Rifle) | Teppo |
| Flail (Rice flail) | Nunchaku |
| Foot Claws | Ashilo |
| Gun (See Firearm) | |
| Hand Claws | Shuko |
| Hammer | Kanadzuchi |
| Hook (Rope hook) | Kaganawa |
| Knife | Tanto |
| Knife (Without handguard) | Aikuchi |
| Knife (Rope Knife) | Koyketsu Shoge |
| Palm stick | Kobo |
| Pitchfork (small) | Sai |
| Rope | Nawa |
| Scissors or pruning shears | Basami |
| Scythe (Battlefield) | O-gamma |
| Sickle | Kama |
| Smoke Powder | Kemuri Matsu |
| Spear | Yari |
| Spike (Throwing) | Bo-Shuriken |
| Staff (4 Ft) | Jo |
| Staff (6 Ft) | Bo |
| Stars (Throwing) | Shaken |
| Sword (Ninja Type) | Ninja-ken or Ninja-to |
| Sword (Samurai Type) | Ito, Ken or Katana |
| Sword (Wooden Type) | Boken |

**Ninja Clan Names**

| | |
|---|---|
| Any clan or family | Ichimon |
| Club (Brotherhood or Society) | Kurabu |
| Family | Kazoku |

| | |
|---|---|
| Bat Koumori | Iron Kurogane / Tetsu / Tetsubun |
| Black Kuro | Jungle Kusamura |
| Cat Neko | Lion Tategami |
| Crow Karasu Kar-Ass-ue | Mountain Yama |
| Demon Oni / Tenma / Akuma | Panther Kurohyou |
| Dragon Ryuu | Phantom Youkai / Bakemono |
| Eagle Washi | River Kawa |
| Forrest Shinrin | Snake Sune-ku / Shinzui / Konjou |
| Goblin Mamono, Henge, Keshou | Spider Kumo |
| Ghost Konpaku / You-ma / Go-suto | Spirit Sei-rai / Konjou |
| Village Sato | |

**Ninja Glossary**

**Typical People**

| | |
|---|---|
| Actor (Performer) | Shu |
| Barbarian | Yabanna |
| Bodyguard | Yojimbo |
| Carpenter | Takumi |
| Chief (Village) | Oyabun |
| Child | Chigo |
| Cook | Kukku |
| Criminal | Toganin |
| Dancer (Performer) | Odoriko |
| Doctor | Haku |
| Drunkard | Nomisuke |
| Emperor | Okami |
| Executioner | Mikado |
| Farmer | Hyakushou |
| Fisherman | Ryoushi |
| Fool | Baka |
| Gardener | Uekiya |
| General | Shogun |
| Grand master | Soke |
| Guard | Keishu |
| Man | Dansei |
| Merchant | Shounin |
| Musician (Performer) | Gakushi |
| Outcast | Ningai |
| Peasant | Noufu |
| Priest | Daitoku |
| Shopkeeper | Akindo |
| Singer (Performer) | Kashu |
| Soldier (Lower Class) | Gunjin |
| Soldier (Upper Class) | Samurai |
| Stranger | Yosomono |
| Student | Deshi |
| Thief | Touzoku |
| Teacher | Sensei |
| Vagabond | Hyouhakusha |
| Villager | Murabito |
| Woman | Fujin |
| Worker | Roudousha |

**Places**

| | |
|---|---|
| Door | Tobira |
| Farm | Noujou |
| Forrest | Shinrin |
| Gate | Kado |
| House | Taku |
| Jungle | Kusamura |
| Mountain | Yama |
| Road | Gairo |
| Roof | Yane |
| Shadow | Kumori |
| Town | Toshi |
| Training Hall | Dojo |
| Training Camp | Gasshuku |
| Tree | Ki |
| Village | Sato |
| Window | Mado |
| Wall | Kabe |

**Ninja Glossary**
COMPLETE LIST OF NINJA SKILLS AND TECHNIQUES

**List of Ninja Skills**
Technique of mimicking animal sounds as a disguise Gion-jutsu
Technique of assassination Kison-jutsu
Technique of body Tai-jutsu
Technique of Hearing (situational awareness) Zanshin
Techniques of escape Doton-jutsu
Method of espionage Cho-ho
Knowledge of geography Chi-mon
Technique of horsemanship Ba-jutsu
Technique of water movement (swimming or boating) Sui-ren
Technique of invisibility Inpo-Jutsu
Technique of meteorology Tenmon-jutsu
Technique of seeing in the dark (situational awareness) Ankokutoshi jutsu
Technique of sabotage Taigyou-jitsu
Art of spiritual refinement Seishin teki kyoyo
Technique of stealth and silent entering Shinobi-iri or Shinobi-ho
Technique of swordsmanship Shinobi gatana jutsu
Technique of unarmed combat (Ninja) Tai-Jutsu or Kar-Ate
Technique of weapons Buki-jutsu

**Ninja skills of stealth and Invisibility**
Ninja Invisibility Shinobi-Iri
Technique of concealment Yin-Ni
Technique of cover Chi-Kai
Technique of crawling unobserved Hofuku-jutsu
Technique of dropping to the ground and disappearing Ti-Lao
Technique of hiding Inpo-jutsu
Technique of hiding between two objects like a quail Uzura-gakure-no-jutsu
Technique of invisibility Inton-jutsu
Technique of pressing to an object to become invisible Ya-jutsu
Technique of stealing in or entering unobserved Shinobi-ho
Ninja walking techniques Aruki
Technique of walking unobserved Kage-aruki-jutsu
Technique of wearing disguises Hensu-Jutsu

**The Five Ninja Elements**
1. Water Mizu
2. Fire Kaji
3. Earth Tsuchi
4. Wind Kaze
5. The void Kara

Ninja law Ninpo
Ninja law will always triumph Ninpo Ikkan

**Ninja Glossary**
Short List of Japanese phrases

**Speaking with a client**

1. Attack Batsu
2. Dead Nai
3. Gold Kogane
4. Good Morning Gu-tenmorugen
5. Good Afternoon Kon-nichiwa
6. Good Evening Kon-banwa
7. Goodbye Sayonara
8. Hello Oh'hio
9. Kill Kiru
10. Money Kane
11. Sabotage Boug-you
12. Silver Shippou
13. Spy Sekkou
14. Steal Suchi-ru
15. Coin Kouka

**At a roadhouse or inn**

16. Anything Nannari
17. I want (……) Ga hoshi no desu ga
18. How Much? (……) Ikura desu ka
19. Bed Fushido
20. Bread Pan
21. Chicken
22. Fish Sakana
23. Food Sesshoku
24. Fruit Kinomi
25. Inn Ryokan
26. Market Hanro
27. Meat Niku
28. Millet Kibi
29. Oats Enbaku
30. Rice Gokoku
31. Soup Suimono
32. Stew Nikomi
33. Tea Cha
34. Water Mizu
35. Wine Kajitsushu

**Arranging Travel**

36. Boat Kobune
37, Box Hako
38. Destination Desaki
39. Horse Uma
40. How Far? Dono kurai tooku
41. Road Machi
42. Travel Desaki

**Student notes**